

NUTRITION SPECIAL RUNNER'S[®] WORLD

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NOVEMBER 2015

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(AND CELEBRATE!) p32

40 BEST THINGS TO EAT & DRINK

*Before, During & After Your Run**

- ▶ ENERGY-PACKED **SNACKS**
- ▶ HEALTHILICIOUS **MEALS**—FAST

*(*And a Few
Diet Disasters
To Avoid)*

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PORT-A-LOOS
*(And A Few Things
You Probably Don't)*

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IT'S A BIG WORLD. **GO RUN IT**

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Ultra Runner

Is it possible to be fat *and* fit? Heavy *and* healthy? At 89kg, Michele Bakker provides an inspiring answer.
BY LISA NEVITT



"The idea that thin equals healthy is challenged at my local parkrun every Saturday."

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BY JOANNA S GOLUB

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Seen recently in SA, Yuki Kawauchi is a government clerk who loves Manga comics, Karaoke – and winning lots of super-fast marathons.

BY KUMIKO MAKIHARA

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THE BUSINESS OF A PORT-A-LOO

Turns out, the humble portable we all use on race day is a lot more interesting than we ever imagined (but still pretty nasty).

BY RACHEL SWABY

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BY BRUCE PINNOCK



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• LOOSEN UP, RUNNERS!

In this month's issue, we share a yoga routine that loosens tight spots, strengthens weak spots, and makes you less injury-prone. For a video demonstration, visit runnersworld.co.za/recoveryyoga



ON THE COVER

NOVEMBER 2015



Runner – Alexa Lee Riczo

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WARM-UP

THE LOOP

THE INBOX

WINNING LETTER PEP TALK

I was never big on mantras; until one day during a hill-training session, a good friend – an experienced runner with 19 Comrades to her name, and hundreds of marathons spanning over 30 years – saw me battling, and shouted to me: "Grasp that imaginary rope, and pull yourself up!" After the session I thanked her, thrilled I'd managed to conquer a hill my mind had told me I couldn't. She told me that it isn't physical pain that makes us give up, but negative thinking. So I started to concentrate on positive thoughts. And the moment I did, I began to meet my race expectations. This year, 'run to the sun' was my mantra for the Comrades Up Run, in memory of my dear sister, who was killed in a car accident last year: She loved the sun. - VAL OPPERMAN, PIETERMARITZBURG

...TO THE BIRDS AND THE BEES

A long-term dream of mine was realised when our training group of seven ran a relay from Port Elizabeth to Knysna, and once there, we ran on forest trails. Our mantra was 'Sharing is Caring'. Not only did we share this mammoth distance; we also reminded people that sharing a smile or knowledge doesn't cost you anything. - PIETER STEYN, PORT ELIZABETH

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of *Runner's World* and may be published in any medium and for any use worldwide.



This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! Write to: *Runner's World*, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com (letters must be no longer than 100 words and must include your name, address and telephone number or email address).



READER COMMENTS



RUNSPIRATION IT'S A BEAUTIFUL TIME OF YEAR. WHAT INSPIRES YOU ON YOUR RUNS?

"Pure gratitude for being able to experience life in a way that not that many people can these days. Train hard, sleep harder, and live on fruit."

- Lourens van der Colf

"That medal at the end of a race!"

- Maricela Moya Cruz

"I can't wait until the leaves change their colours and the air becomes cooler. Leaves crunching underfoot – so nice."

- Tracie Molton

"The smell of spring blossoms and the privilege of being able to run."

- Louise van Tubbergh Firth

"Thinking about my next race."

- Carrie Baumiller

THE GALLERY

#INSTARWRUN

We asked runners to show off their Sanlam Cape Town Marathon experiences. Here are four submissions that made us envious.



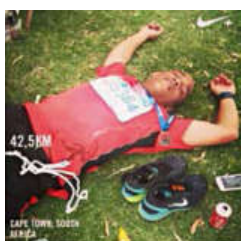
"i_am_mkhozane, cherrie_e_fit, helenbrnk64 antionettedp #ctmarathon2015 #instaRWrun #runnersworldza #friends #superheroes a bit injured but supporting the rest of the gang at halfway" – antionettedp



"kellyhook_ct Ready to race! #runcapetown #instarwrun @ctmarathon @adidasza" – kellyhook_ct



"No cramps shall prevail!!! 7.2km to go #CTMarathon #instarwrun" – queenbusisiwe



"Officially a marathoner!!!! #CTMarathon #run #runnersworld #runnersworldza #runrevolution #instarwrun #instarunner #runitfast" – braveststar_83

PHOTOGRAPHS BY JAMES GARAGHTY (UNDERWEAR)

THE POLL

Would you rather
(if forced to choose)
run without...

Shorts

13%



Socks

24%



Sports Bra

18%



Underwear

45%



THE QUESTION

WOULD YOU
RUN A RACE
BAREFOOT?

YES

I DON'T
NEED SHOES.

13%

NO

NOT A
CHANCE.

87%



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RATE YOUR
RACE



SAPS STRIDERS
HERITAGE CHALLENGE

"I prefer this course to the original that used to start at King's Park. I really hope it will be used more often. All round super-happy. Thanks for the awesome race. Hoping it's around for years to come." – Stephen Caelters

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YOUR RACE TO SHARE
YOUR EXPERIENCE.

TWEET OF THE MONTH

"SERIOUS FACE! HAHHAHA
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NOW FOR THE NEXT STEPS."

– @WAYDEDREAMER



Turn to
p19
to see more!





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WARM-UP

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RICHTERSVELD, DE HOOP

PHOTOGRAPHS & WORDS BY

Jacques Marais

GPS LOCATION

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TERRAIN

Rocks, loose scree, stones, gravel, boulders, steep outcrops, monster thorns, serrated ridges, dust... at first glance, this may not seem like running heaven. But once you lose yourself along a far-away footpath, dotted with jackal tracks, the thrill kicks in.

BEST TIME TO RUN

Early mornings, late afternoons, or under the full moon at night. Be cool: stay close to water.

GRADING

Intermediate.

DURATION

Running-route options in the Richtersveld are infinite. The short 12km described below should take you 60 to 90 minutes, while you need to commit anything up to three hours for the full 25km circuit. More info at www.sanparks.org

OTHER ACTIVITIES

Mountain biking (www.desertknights-mtb.com); fly fishing; swimming; kayaking; hiking; donkey riding; camel riding.

REFUEL AT

Café Vespetti, in Port Nolloth en route to the Richtersveld, is the last possible place to stop before you reach the Kingdom of Braai. Cappuccinos and grilled prawns are recommended. Find them on Facebook and www.tripadvisor.com, or phone 027 851 7843.





THE EXPERIENCE

A desert landscape of absolute extremes unfolds along the edge of the Orange River: lunar-like terrain, unexpected animal encounters, end-of-time views, and the full gamut of challenging natural obstacles. The stillness will resonate with your soul, and running wild among the red rocks is magical.


De Hoop is one of the best campsites from which to explore. It's close enough to the cooling banks of the 'Great River' to take the edge off the arid side-swipe delivered by a transfrontier park that's pegged at a humongous 5 920 square kilometres.

THE RUN

The toughest route is along game footpaths that run through the gnarly outcrops above camp. Run along tracks that are constantly shifting, amid a profusion of gritty drops and climbs, and surrounded by a mixture of volcanic shale and dolerite.

Head up-river first for around two kays, then keep to your right, following the valleys and gorges until they drop you onto the access road, about five kilometres from camp. Once you get back into De Hoop, follow the tracks to your left until you reach the river, before returning to the ablution-block area for a run of about 12km, though anything from five to 25km is easily done.

GETTING THERE

From Springbok (you'll have to accept that Springbok is pretty much the centre of the universe in the Northern Cape) head via Steinkopf to Port Nolloth. The 80km of gravel to Sendelingsdrift will take at least a couple more hours, and you can add to that two to three hours of off-roading into De Hoop itself. Access to the park is limited to 4x4 vehicles. 



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A JOURNEY OF INSPIRATION

How a runner who battled her way back from obesity is changing the lives of those around her.

I've known Michele Bakker for more than 10 years. We first met when I moved into the same complex she lived in, and decided to welcome myself with a big house party and invite some rowdy friends. Michele, my near neighbour, was not happy. She strolled over the following morning to ask why she hadn't seen any notification of my party in her postbox.

So our friendship didn't start well. But it all changed when Michele realised I worked for *Runner's World*, and I heard her inspiring story. Here was a person who had made a triumphant comeback, from being classified morbidly obese to running half marathons. She was a passionate runner, and had used running to change her world – not just by losing weight, but by changing her whole outlook on life.

Over the years I've seen Michele finish two Two Oceans Ultras and a Comrades, among numerous other events. I've seen how she motivates the young girls at her school in Cape Town (where she works as a house mom) to run, and I doubt she will ever know how many lives she has touched through her inspiring message.

By her own admission, Michele has always battled with her weight. Her goal is to drop below 80kg, and with a structured exercise plan and a focus on switching up her training, she's well on her way to reaching that goal.

When we decided to do the story on Michele, I knew I was too close to her to be able to write it objectively. So *RW* deputy editor Lisa Nevitt put up her hand, and went off to find out what makes Michele tick. She met her for a run, spent time at her school, and made sure Michele was 100% happy


with every detail we've revealed (see 'Ultra Runner', p64).

It takes a brave person to admit to being overweight. Yet when I look at the pictures we took of Michele, my only reservation is that perhaps she doesn't look like she has a weight problem! Her eagerness to motivate others, the example she sets, and her pure joy for life are difficult to beat.

Michele's Facebook page is often a hive of discussion about diet and exercise, and given that people who have also battled to lose weight seek her advice, I've asked

"...there's little doubt that her journey will inspire you as much as it has us."

her to start blogging about her journey on www.runnersworld.co.za. Her brief is to write about what she learns along the way, so that her influence can be felt further afield than by just the privileged few who know her personally.

So keep an eye on our website for Michele's blog. No matter where you are in your running journey, there's little doubt that her journey will inspire you as much as it has us. 

MIKE FINCH
EDITOR-IN-CHIEF
@MikeFinchSA

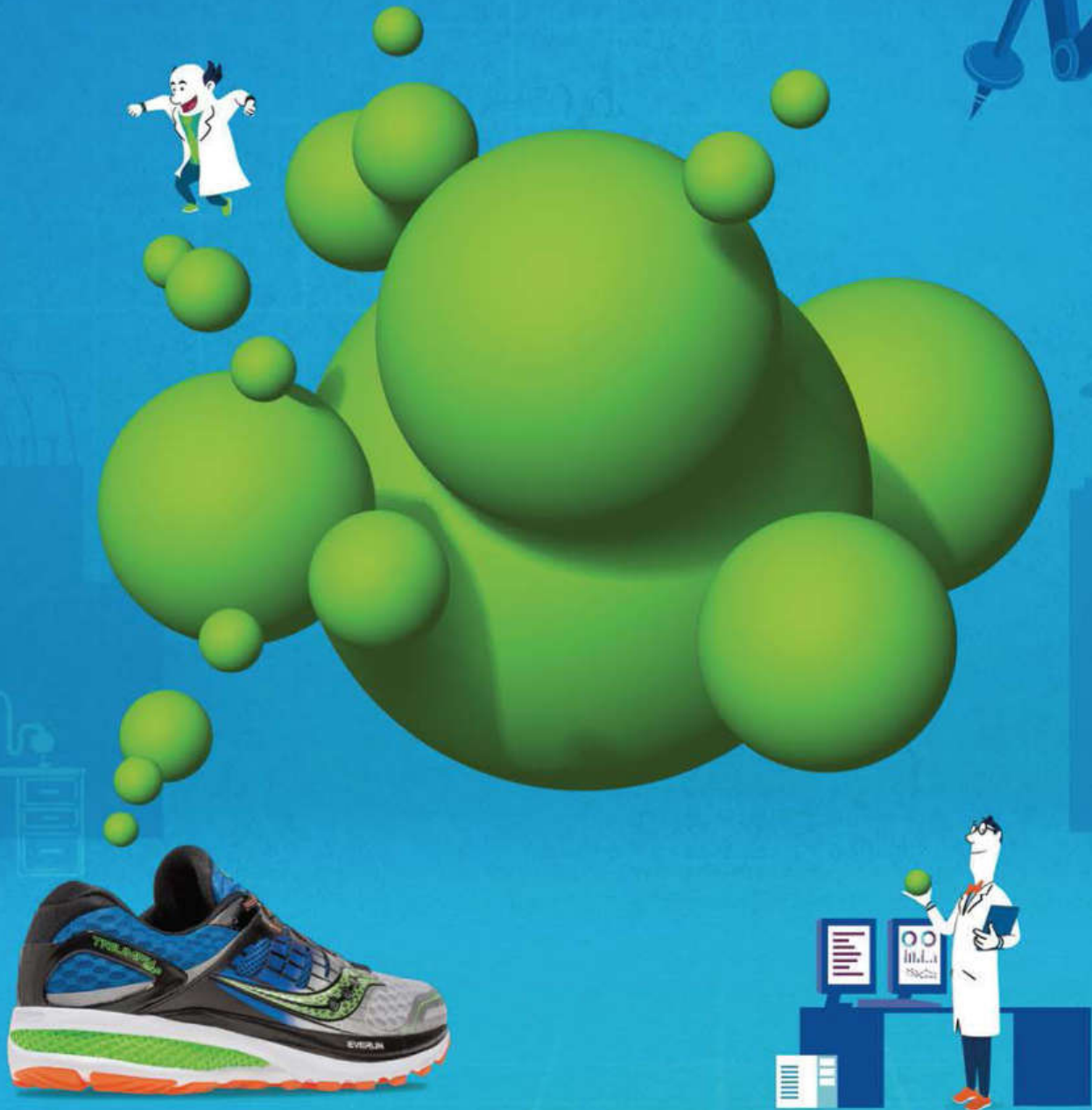


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p22 "UNTIL 40, I'D AVOIDED EXERCISE."

WHY JACQUI RENS SHAPED UP.

HUMAN()RACE

NEWS, TRENDS, and REGULAR RUNNERS *doing* AMAZING THINGS

MEET THE
TRACK STAR

THE HUMBLE CHAMPION

NAME: WAYDE VAN NIEKERK

AGE: 23

HOME: PELLISSIER, BLOEMFONTEIN

OCCUPATION: WORLD-CLASS
ATHLETE, MARKETING STUDENT AT
THE UNIVERSITY OF THE FREE STATE

When former Grey High School pupil Wayde van Niekerk won the 400 metres at the World Athletics Championships in August, to become the fourth-fastest ever over the distance, everyone asked, "Wayde *who?*" But for this ambitious 23-year-old, his 'overnight' rise to fame has taken years of hard work and dedication – and a big dose of self-confidence.

WORDS: Mike Finch

PICTURES: Johan Pretorius



When he's not running, Van Niekerk enjoys the simple life: football and gaming.

medals. Before the 2015 World Champs, SA had never won a sprint medal. – Ed)

I want to be as grounded as possible. I want to be the person I was before the gold, and keep it real.

I've done a lot of interviews since the world champs. It's something new for me, and it's something I need to learn and adapt to. I finished the season feeling healthy, and I use every race as an opportunity to grow.

I have five siblings, and my brother Craig, who's in matric, says he's better than me in the 200m and 400m. We shall see! But I look forward to maybe travelling Europe together.

This is my journey. I want to build my story as best as possible. If – one day – I break Michael Johnson's record, I would be more than grateful. But right now, it's not what I'm focused on.

(Turn to p50 for RW's review of the adidas spikes Van Niekerk wore when he won gold for SA.)

→ **When I stood in the blocks**, everywhere I looked I saw national record-holders, Olympic champions and world champions. It was a quality field, and I knew I had to put it all out there.

I was pretty nervy and a bit down, and didn't get out of the blocks as explosively as I'd wanted. But after the first 100 metres my body switched on, and I started to pull through. I started to increase the speed in the second 100, and maintained it around the bend. In the last 100 metres, I realised I was in the lead, but I knew I had quality athletes chasing me, and I gave it everything. I was just grateful I got the gold.

After I finished I tried to keep standing, and not sit down. I was quite tired. I went over to the other South Africans in the crowd, but then I ended up sitting down... and that was the end of my celebrations. (Van Niekerk was stretchered off and hospitalised with exhaustion. – Ed)

My mother and father were very good athletes, and my stepdad really encouraged me along the way. My biological dad, Wayne, lives in Cape Town, and he contacts me regularly. I always believed that I had the genes and the potential to do well in the sport. (Van Niekerk first broke through the ranks as an 18-year-old in 2011, winning the SA senior 200m title, and then won the 400m senior title in 2013. – Ed.)

I went to a lot of different schools. I grew up in Cape Town, then moved to Bloem, then Joburg, and then back to Bloem, where I matriculated at Grey College.

My first loves were always the 100 and the 200m. But I'm a 400m runner now, and it seems to be working. I've still got a lot I want to achieve in the 400m, and just want to continue to improve as an athlete every time I race.

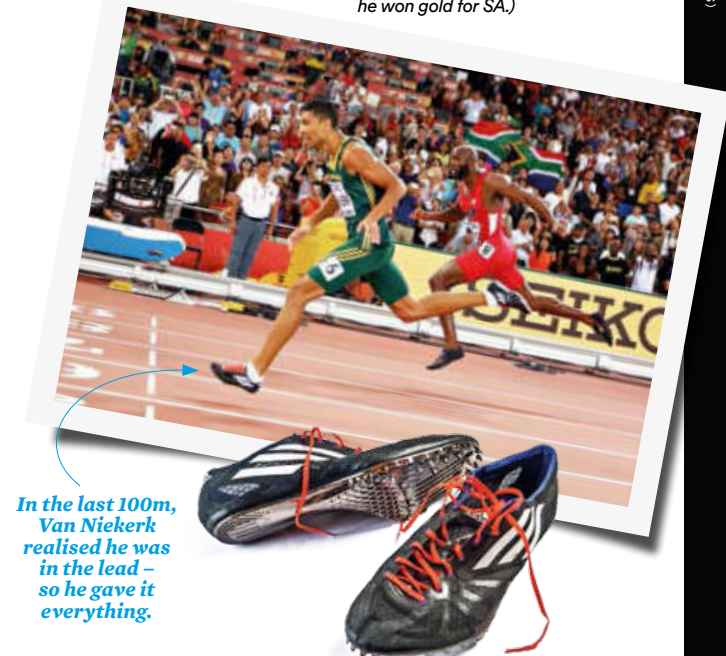
next level. There is a strong bond between us, and we believe that this talent has been blessed to us by God.

The night before Anaso was running the 200m, I sat him down and said that there was no doubt that he was going to get a medal. He did the job. (Jobodwana won bronze, behind winner Usain Bolt and US superstar Justin Gatlin, to give South Africa two sprint

"I want to be the person I was before the gold, and keep it real."

What I really like about my coach, Tannie Ans Botha (who has been the athletics coach at the University of the Free State for 25 years, and turned 74 this year) is that she really relates to us youngsters, and is open-minded and willing to adapt to new ideas we may have. She used to coach (former Namibian sprint legend) Frankie Fredericks, and she's really relatable. She doesn't just see us as athletes, but almost like her children.

I have been competing with guys like Anaso Jobodwana and Akani Simbini (SA's second athlete to break the sub-10-second barrier for the 100m) since 2010. With Anaso and me there's a very supportive structure. We want to push and inspire each other to the



In the last 100m, Van Niekerk realised he was in the lead – so he gave it everything.

The Singlet

BECAUSE RUNNING ISN'T
JUST ABOUT STRING VESTS.



RULES OF ENGAGEMENT
I'm a friendly runner who says hello to other runners. But what's the etiquette when you pass others multiple times on a loop? – NIGEL, Arniston

There's always one guy at the office who can't seem to stop greeting you. In the elevator: "Hi, Nigel." In the canteen: "Nigel, isn't coffee AWESOME?" In the corridor, en route to the printer: "Howdy doody, Nige?" Peeing in the

occasion, you can share vital information, like: "Watch your step on the next bend – fresh dog poo at three o'clock." Keep pleasantries to a minimum, and remain focused on your run at all times.

FORREST GRUMP
In my marathon finish photo, there's a relay runner next to me who ran only 10 kays. I feel slighted. Should races with multiple distances have separate finishes? – DAVID, Balfour

"...the silhouetted dump of a stray dog that's wandered into view eclipses the setting sun."

urinal next to yours, whispering: "N to the I to the G to the E to the L." And so on.


While out running – especially if that's on the same loop, over and over again – your likelihood of a similar encounter increases. Nod your head, raise your eyebrows in acknowledgement; and on

Life is like a box of photo bombs. You never know which moment-ruining muppet you're going to get. Just when you take that romantic shot of you and your bikkie on the beach, there's a beer-toting rugby fan in the background scratching his nether regions. Try to capture the perfect landscape,

and the silhouetted dump of a stray dog that's wandered into view eclipses the setting sun.

So when your marathon photo finish of glory features somebody else finishing a mere 10-K, yes, you feel slighted. You might not have won the marathon, but the miracle you finished it at all is reason enough to celebrate. And in a similar vein, the guy finishing his 10-kilometre race might be achieving a personal goal of his own – whether that's distance covered, fitness gained, or weight lost.

What makes your moment any more special than his? Believing you're superior because distance trumps speed? General meanness? Whatever your reason, you need to get some perspective.

Enjoy your own victories and try not to begrudge others theirs. Sure, having different start and finish points to races would be nice, but also difficult and expensive. Next time you're about to finish a marathon, look behind you for pesky short-course runners, and get your timing right for when you cross the line. 



ASK THE TRAIL STAR
Ryan Sandes

Why did you (and a number of other athletes) drop out of the Ultra-Trail du Mont-Blanc®?

– PAUL, Tulbagh

Trail running has exploded. There are more races, bigger mountains and greater competition than ever before. While having more opportunity is great for elite runners, racing too much can lead to burnout. A number of the runners I was racing with two to three years ago are currently burnt out, having suffered various medical problems, and can't get their bodies to respond to training.

The problem is that no major research has been done into how long it takes the average runner to recover

"...it's important to recover fully..."

from an ultra trail of 80 kilometres and up, let alone on the individual or on how hard they've been racing. It's not uncommon for elites to run three 100-mile (160 km) trail races a year, which in my opinion is too much. Running for fifteen to thirty hours non-stop takes a huge toll on your body, and it's really important to recover fully before racing again.

I've always been fairly conservative with racing, but last year I got it wrong and overdid it. I contracted glandular fever, which negatively affected both my training and racing.

I learned the hard way that less is more.

Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.

HUMAN RACE

RUN IT OFF CLUB

I RAN
OFF
22KG!



JACQUI RENS

Age: 41

Home Town:
Cape Town

Height: 1.70m

Occupation:
Owner of
Exquisite Ice
(a diamond store)

Time Required:
1 year

Then: 105kg

Now: 83kg

MAKING THE CUT

How the owner of a diamond store won back her sparkle.

THE WAKE-UP

After hearing the devastating news that having children of my own would probably never be a possibility, I turned to comfort eating, and my weight ballooned. I joke that I got off the couch for the first time at 40, but it's actually true. Until I turned 40, I'd avoided exercise, but now I tipped the scales at over 100kg – and it made me feel miserable.

THE SHAKE-UP


I changed my diet, drank two litres of water a day, downloaded a running app and started running on the treadmill. For me, the biggest challenge was my own negative self-talk. I had to make an effort to tell myself I was awesome every day, even if I didn't believe it. I also had to think of different ways to fuel my body for the rigorous training, because I'm a lacto vegetarian. And exercise was difficult when I weighed more – it took more effort. But when I put my mind to something, I don't usually give up.

I remember feeling ecstatic when I finished my first parkrun, with one of my pugs at my side, in 50 minutes. When I ran my first 15km road run with a friend, I didn't make the cut-off, and by the time I got to the finish line, everyone else had gone home – but I did it!

Then I enlisted the help of Embark running coach Garth Dorman to help me prepare for the Two Oceans Half. And even though my partner's more into football, he bought himself a pair of trail-running shoes, so that he could run with me.

THE REWARD

Garth and some of my Embark teammates waited for me at the finish line of the Two Oceans Half to cheer me in, even though it took me just over three hours. I finished with two minutes to spare before the cut-off (3:08).

Since I ran it off, I've done other things I couldn't do before, like climbing Table Mountain, and running in the mountains in Stellenbosch. It feels nice when people I don't know make a point of telling me I'm inspirational. – *As told to Lisa Nevitt* 

(HUMAN
RACE)

RUNNER BY THE NUMBERS

THE RUNNER'S BEST FRIEND

AT LEAST 10 BREEDS OF DOG ARE SUITED TO RUNNING (SEE BELOW)

You love your dog, you love running... now you want to put the two together? To help get your four-legged friend into the running spirit, we asked Julie Tobiansky of the Cape Province Dog Club for tips on the best – and safest – way to run with your dog. – ANDRÉ VALENTINE

20km



THE AVERAGE DISTANCE DOGS CAN RUN, DEPENDING ON BREED.

12 MONTHS



The age at which your dog can start training.

5KM

Average distance your dog can run between water breaks.

28

The number of days it'll take your dog to become a runner. A dog can follow the same couch-to-runner programme as a human!

4-5min/km



The quickest pace at which your dog can run. But don't let your pooch sprint too much, because dogs overheat and burn out quickly.

18-25 DEGREES

THE TEMPERATURE RANGE YOUR DOG CAN RUN IN; ANYTHING HIGHER WILL CAUSE OVERHEATING.

Best Dogs To Run With:



Ridgeback;
German Shepherd;
Border Collie;



Golden Retriever;
Dalmatian;
Pointer; Weimaraner;



Jack Russell;
Siberian Husky;
Doberman



Tips For Runners And Their Dogs:

- Basic obedience classes ensure your dog has the discipline to stick with you on a run.
- To avoid injury, don't force an overweight dog to run.
- Always run with your dog on a leash.
- Visit trailhound.net for tailor-made leash options.

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SILLY SEASON

Race day makes normal people behave abnormally.

It's absurd. Shivering in an eighties-style club vest and revealing poly shorts, I've convinced myself that overheating on race day is a worse fate than freezing to death. But I'm not the only one making irrational decisions: a fellow participant jogs by, at the same time frantically poking his arms through the arse-end of a refuse bag to keep warm.

I stare in disbelief at the queue that snakes its way from a poorly handwritten sign that reads 'Pre-Entries'. Is there only one man servicing this queue? Couldn't they have found someone under the age of eighty – someone more efficient at plucking registration envelopes out of the box?

There's a runner in front of me with a greying moustache, wearing unnervingly expressive tights. He seems agitated. Throwing his arms up in the air, he mutters something in what could only be described as a combination of German and Xhosa, and scuttles over to the – much shorter – cash-only queue, to buy another entry.

Eventually, the geriatric at the counter asks for my name. We dance around the spelling of my surname for

an eternity – he favours alternatives from which I cannot steer him away.

By the time I've put the registration debacle behind me, a frenzied mass of thousands has already congregated at the start, and there are no formal seeding batches. In my quest to get closer to the front of the pack, I look for gaps, and meander 'subtly' through the hordes. At first the gaps are many, but gradually the runners

...desperate to get ahead of the pack, runners leap diagonally onto pavements, and into gutters...

become more tightly packed. To justify my lunging to the fist-shaking participants who say they've been there since yesterday, I invent friends and family members I'm allegedly trying to get to.

TARGET TIME

The gun goes off. I call this phase 'the sidestepping exhibition': desperate to get ahead of the pack, runners leap

Planet Runner

BY BRUCE DU BOURG

diagonally onto pavements, and into gutters, left to right and then back again. An inconspicuous refuse bin conspicuously compromises refuse-bag guy, as he tries to get the ruddy bag off – nevertheless, he springs up valiantly and resumes his farcical dance.


An orchestra of GPS-watch alerts chime. It becomes increasingly apparent, however, that said alerts are sounding earlier and earlier compared to the distance markers at the side of the road. Does this mean that somebody has marked the road incorrectly, or that the race is longer than advertised?

Not a word is spoken, but in an attempt to hedge his bets, a brave young fellow surges to catch up to his goal time. An air of insecurity descends on the other athletes, who feel compelled to hunt down the audacious escapee.

Towards the end of the race, there are grunts of pain and determination. I'm not sure why my target time is so significant. Maybe it's because I've told everybody on Facebook that I'm going for that time, and I don't want to look a fool. Perhaps it's because I've defined my week by my ability to meet that time. Whatever the reason, in the moments before I cross the finish line, it becomes the most important thing in the world.

As I tumble underneath the finishing arch, I fight back nausea and try to resume normal lung function. I clutch my medal with my last thread of energy, before I collapse in a contorted heap on the ground, and start to relive each moment of my race – initially with resentment.

But it isn't long before I somehow conclude that this was ONE OF THE MOST INCREDIBLE EXPERIENCES OF MY LIFE. I also determine that there were certain stretches of the race in which I could've run even faster; and at that moment, the race calendar rises up like a Phoenix in my imagination. I adjust my goal time, and begin plotting my next race.

Cart me off to the loony bin: I'm a runner. 

Bruce du Bourg is an accountant who carefully balances writing and running.



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TRAINING

35
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MIND+BODY


45
GEAR



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SEA CHANGE

Showing up in both high-end restaurants and Grade 5 lunch boxes, seaweed is being touted as the new kale. A staple in Asian diets for centuries, it's low in kilojoules and provides a wide range of vitamins and minerals. Crunchy seaweed snacks (shown here), made from roasted, salted nori, are a healthy alternative to potato crisps. (Though be warned: "They don't taste anything like chips!" says *RW* US Editor-in-Chief David Willey.) A serving of dulse seaweed provides 550mg of potassium, 15% of your daily iron needs, and 2g of fibre. Some say its rich, briny flavour is reminiscent of bacon. Ha! (For healthy-seeming foods you *shouldn't* be eating, see page 35.) 

Thin sheets of roasted seaweed make for crunchy, salty, virtuous snacks.



TRAINING

LEVELS OF DIFFICULTY

Spend time on inclines, flats, and on routes with both, to build speed as well as strength.

By Kelly Bastone

THE GREEK PHILOSOPHER ARISTOTLE SAID, “We are what we repeatedly do.” Runners would do well to remember that when considering go-to routes. The terrain we train on shapes our strengths and weaknesses, which is why smart racers make sure to log training runs that mimic their course’s grades. Hills use different muscle groups and movement patterns than flats, while rolling terrain requires your body to adjust to short bursts of uphill effort (and downhill recovery).

When our runs always follow the same elevation profiles, we may develop imbalances that inhibit performance, says running coach and author Lynn Gray. “Runners always become better when they can develop a range of different skills and muscle groups,” she says. Here’s how to maximise the benefits of each terrain type – and how to vary your hill diet for well-rounded running performance.

MASTER THE HILLS

“Hills are essentially speedwork in disguise,” says running coach Nick Welch. “Good uphill running form requires the same knee drive and arm action that you need to sprint effectively, and resisting gravity develops leg strength, just like in the weight room.”

THE WORKOUT Find a long hill that’s steep enough to get your muscles burning but still lets you take a full, powerful stride. Run

four or five uphill repeats, each one lasting three to six minutes, at the fastest pace you can maintain throughout the workout without losing control of your breathing and form. “This really builds stamina and strength in the quads, glutes, and calves,” says Welch. Long hills also develop the mental toughness required in racing. Think quality over quantity: Welch recommends one or two long hill workouts every two weeks. (The goal is to add variety, not

Stair workouts are an effective way for flatlanders to mimic hill running.

to make hills your routine.)
SEEK OTHER TERRAIN IF You're due for a recovery run, you want to practise locked-in pacing, or you have injuries (such as Achilles tendinitis or plantar fasciitis) that are aggravated by hills.

GO FAST ON FLATS

Level terrain may be aerobically easy, but it's harder on your hamstrings (which perform 40 per cent of the work on flats, compared to 20 per cent when climbing hills). With no hills to throw you off, flat roads or treadmills are the perfect places to practise good form, breathing, and pacing, "which is the key to succeeding at longer distances," says Gray.

THE WORKOUT Warm up with five minutes of easy running, followed by two to three strides (30-second bursts of race-pace running, separated by 30 seconds of rest). Then run at 90 per cent effort (about 5-K race pace) for 30 seconds, at 80 per cent effort (like your 10-K pace) for three minutes, and finish with a 15-second sprint at 95 per cent effort. "Pay attention to your form throughout, and really focus on pumping your arms during that final burst of speed," says Gray. Recover with five to eight minutes of easy running, then repeat one to four more times.

SEEK OTHER TERRAIN IF You're racing on hills and need to mimic that challenge, you're developing injuries ("the sameness of level →

Gentle ups and downs – especially those on soft surfaces – suit runners who are injury-prone.



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DIY Hills These workouts build the same power and strength as inclines.

STAIRMASTER

It replicates challenging hills better than many treadmills. "StairMaster workouts let you practise pumping your arms while maintaining a non-pounding movement," says coach Lynn Gray.

STAIRS

Stadiums and office buildings offer enough flights to substitute for hill repeats. "Just be sure to keep your arms pumping," says Gray.

HIGH KNEES


Running with high knees on flat terrain (above) mimics the form and explosive strength you'll need on hills. Gray used high knees during long runs to train for a hilly marathon, where she won her age group. Start with short bursts (30 seconds at a time) and work up. To avoid injury, pump your arms and make sure your foot strikes are soft.

→ terrain can feed overuse syndromes," says Gray), or you're craving improvement. "The power and strength that hills develop is great for leaping off a plateau," Gray says.

LEARN TO ROLL ALONG

Rolling hills aren't usually steep or long enough to truly challenge uphill running muscles or require hill-specific form, so they can't take the place of hill workouts. But, says Welch, the changing grade does engage various muscle groups and helps eliminate weaknesses – which is important whether your goal is overall fitness or a fast finishing time. Rolling terrain also burns more kilojoules than flat routes. And because it regularly prompts your body to adopt varying body positions and foot strikes, rolling terrain might lessen the likelihood of injury during recovery and base-building sessions.

THE WORKOUT Schedule two to three weekly 30-minute runs on rolling terrain, and try turning the uphills into fartleks: increase your effort on the climbs, and recover on the descents.

SEEK OTHER TERRAIN IF You're racing on a course that's notoriously flat or hilly, especially if your target event is a half or full marathon. You'll need to log one or two weekly runs (preferably including your long run) on terrain that's comparable to your racecourse. Otherwise, you can end up feeling undertrained on race day – just as hills crush runners accustomed to flats, level courses can leave hill-attuned racers feeling dead-legged. 



ASK THE SCIENTIST Ross Tucker

Can you be fat and fit? – SARAH, Benoni

If you take two people who have the same body mass index (BMI – mass relative to height), the person who exercises more has a lower risk of cardiovascular disease.

Put differently, provided a person who has a very high BMI (classified as obese) is regularly active, their risk of disease and premature death is lower than that of a person with a normal BMI who does no exercise. So regular exercise decreases your risk of cardiovascular disease, regardless of your weight.

In fact, for every 15 minutes of exercise a person does per day, their risk of death falls by about 4%.

Exercise has been 'demoted', foolishly, by

"...regular exercise lowers your risk of cardiovascular disease..."

dietary evangelists who claim it's ineffective for weight loss. But although it will never entirely make up for poor diet, it's still a key part of a weight-loss intervention – especially in the long term. Want evidence? Look at all the overweight runners finishing marathons (*and read about an inspiring real-life example on p64 – Ed.*).

The good news for them is that they're still healthier than the guy sitting watching them on TV – he may be 20kg lighter, but he doesn't have the secret weapon of regular exercise.

RW Scientific Editor Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscienceinstitute.com.

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THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



CAUSES FOR CELEBRATION

Give yourself a hand for not-so-obvious achievements.



Early in your running life, you have plenty of milestones to celebrate: the first time you make it around the block, or run-walk for 30 minutes, or complete a 5-K race. But to enjoy a healthy, lifelong relationship with running, you eventually must find ways to measure success that don't involve going further or faster. Celebrate the first time – and every time – you're able to do these things:

GO ABOUT YOUR DAY POST-RUN

Running can be tiring, even if you stick to a sensible run-walk plan. That's why so many runners love coffee: bouncing back from a run can be half the battle, especially for newbies. Returning from a run feeling refreshed rather than depleted shows that you're adapting to the stress of that distance and pace.

ENJOY A RUN FROM START TO FINISH


While the first kay of a run can be tough for anyone, new runners may regularly take a while to warm up. However, a day will come when you feel good from the get-go – a sign that you're getting stronger and better at pacing yourself.

BRAVE TOUGH WEATHER

When running itself isn't easy,

it's especially hard to get out the door on a rainy or windy day. But enduring a workout in bad conditions builds character and confidence, and can help you avoid making excuses in the future.

RUN CONSISTENTLY

It takes about three weeks of running at least three days per week to get to the point where missing a workout triggers a sense of withdrawal, which increases desire to be more consistent. This healthy cycle can help you maintain your running habit for years. 

You Asked Me

Jeff answers your questions.

Should I be striving to phase walk breaks out?

No. Walk breaks give you control over how you will feel late in your run, reduce aches and pains, and speed recovery. Walking as needed allows a runner at any level to enjoy a run without hitting the wall.

How can I avoid comparing my accomplishments to those of other runners?

Be the captain of your own running ship. Someone progressing faster than you may simply be built to handle more training without injury. Set a 'mission' for each run that will give you personal satisfaction.

Fact or Fiction

New runners improve more rapidly than more experienced runners.

FACT

Running every other day or so can improve fitness significantly during the first six to 12 months, and employing a smart run-walk strategy can ensure that this progress isn't inhibited by injury. Experienced runners can improve with proper training, but at a reduced rate.



The fewer worries you have pre-race, the more mental power you can devote to holding your goal pace.

REST YOUR HEAD

To race your fastest, your brain needs a taper, too.

➔ In the late 1880s, an Italian physiologist named Angelo Mosso made a curious observation: he tested the muscular endurance of two fellow professors before and after they administered oral exams, and found that after their mental efforts, their muscles tired more quickly. It was the first demonstration that mental fatigue affects physical performance – a lesson to remember, in the days leading up to a race. Just as you taper your mileage to rest your legs, you should also taper your mind.

MIND POWER

Maintaining your goal pace is like holding your finger close to a flame: you have to overcome your inclination to pull away from the discomfort. This 'response inhibition' is a mental skill you use in everyday

life (when being polite to someone you don't like, or passing up a second helping of dessert, for example). But it's a finite resource. Last year, British researchers showed that subjects completing a computer test designed to

require response inhibition ran a subsequent 5-K time trial 5.3 per cent slower than when they completed a similar computer test that didn't require response inhibition.

In a similar – and more bizarre – study, volunteers watched a three-minute video designed to elicit disgust. (It involved eating vomit.) Simply watching the video didn't affect a subsequent 10-K cycling time trial, compared with not watching it. But when volunteers were asked to hide their emotions while watching the video, they slowed by 3.3 per cent in the time trial afterwards, and reported a higher sense of effort from the start. It was the effort of suppressing their natural

response that left the subjects mentally fatigued.


Even visualising your race can leave your brain tired. Mental imagery can be powerful: if you're immobilised in a cast, for example, you can maintain some of your muscle strength by imagining contractions of the immobilised muscles. But there's a cost: last year, Canadian researchers found that visualising a fatiguing action decreased muscular endurance in a subsequent test. Visualising your race is a great way to prepare to achieve your goals, but dial it back in the days leading up to your race.

STRESS RECESS

The longer the race, the longer you'll have to maintain your focus, so mental fatigue is a particular concern in races of 10-K or longer. It's tempting to see your final-week taper as a chance to catch up on tasks that have been piling up. But the days before an important race are not the time to, say, do your taxes.

If you're travelling to a race, consider arriving an extra night early. The hassle of a Friday evening trip to a Sunday race could be worthwhile if you have all of Saturday – the most important day of your mental taper – to relax.

Try to make as many decisions as possible in advance: book a pre-race dinner reservation, figure out race-day logistics, and set aside a good book to read or movie to watch (but not *War and Peace*).

Oh, and turn off your work email. You've invested a lot of effort to get your body in peak form, so make sure your mind is just as primed to compete. 

RACE PREP

RACE NAKED

Sometimes you can finish faster without your gadgets.

By Lisa Marshall

SMARTPHONES AND GPS WATCHES have revolutionised our sport, enabling us to track pace and distance in real time. According to *Running USA*, 52 per cent of runners carry GPS devices. But there is a downside: "There's been a shift from training and racing by feel, to training and racing by numbers," says running coach Jenny Hadfield. Race according to your watch in heat or on an off-day, and you risk going out too fast and burning out. Or if you let it dictate your pace when you're feeling great, you might hold back unnecessarily, robbing yourself of a PB. Check it obsessively in either case, and you'll stress yourself out. Better to tune into your 'inner GPS' first and foremost, says Hadfield. "When you run by feel, you race at your optimal speed for the given day."

Emancipate your wrist – and your mind – from the burden of stressful, real-time pacing data.

SENSE YOUR SPEED

"Your breathing is the easiest way to stay in tune with what's going on inside your body," says coach Budd Coates, author of *Running on*


Air: The Revolutionary Way to Run Better by Breathing Smarter. Pay attention to your inhale/exhale patterns: use a five-step count (inhale for three steps, exhale for two) for slow to moderate runs, and a three-step count

(inhale for two, exhale for one) for moderate to hard workouts. Hadfield uses a colour-coded intensity scale: yellow (you can converse easily), orange (you can manage a few words at a time), and red (you can't talk). By tuning into your perceived effort in workouts, you can use it to guide your racing. You may run entire shorter races like 5-Ks at a moderate to hard effort level, while a marathon merits spending at least the first 25 kilometres in a comfortable-to-moderate zone.

HONE YOUR SKILLS

To get started, do at least one run per week without GPS – if it's a long or recovery run, you'll be more likely to go at an appropriately easy pace. Every few weeks, do a workout to practise changing effort levels: warm up with 10 easy minutes; run three minutes at a moderate pace, one minute hard, two minutes easy, five times in total; then finish with a 10-minute cooldown. To hone race-day skills, try a GPS-free 5-K or 10-K before your goal race, to practise tuning into your exertion level despite starting-line adrenaline and competitive drive.

SNEAK A PEEK

If having no pacing data is too unsettling, wear a normal watch and glance at it occasionally – halfway through a 5-K, every eight kays in a marathon – comparing how you feel to how fast you're going. Or rely on the race clock, or latch onto a pace group (if the pace feels comfortable). These all give you a sense of your speed without the stress – and surges, and braking – that can come with obsessive pace-checking. Or you can wear your GPS device, and simply ignore it until the race is over. "It's not about *never* running with GPS," says Hadfield. "It's about allowing it to become what it's meant to be: a measuring tool, not a coach." 



ASK THE COACH
Lindsey Parry

I run a sub-2-hour half marathon. What pacing plan should I follow for my first marathon?

– TONY, Cape Town

While it's not an exact science, it is possible to use your half marathon to predict your marathon time. A goal time of between 4:12 and 4:15 is achievable, provided you've trained well, and have taken into consideration factors such as whether you ran your half at sea level or altitude, if the marathon will be run at sea level or altitude, and how the route profile compares to that of your half marathon.

Due to the increase in oxygen at sea level, you'll find you run three to five per cent faster over the same distance

"Times run on hard courses will be two to three per cent slower."

run at altitude – but the opposite is also true. Times run on hard courses will be two to three per cent slower. With this in mind, broadening the range of your time goal to between 4:05 and 4:20 is a safer bet.

On race day, a conservative approach is recommended. Too many athletes run at a pace they consider easy, go through the halfway mark at close to their 21-K personal-best time, then really struggle from 25km. Start at 6.10/km and hold that in the second half, under increasing pressure from fatigue. (Note: this is an average, and needs to be adjusted for route profile.)

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist and 2:47 marathoner. Email him at lindsey@hpc.co.za.



FUEL

NOT SO INNOCENT

These sneaky diet downfalls deserve a bad rap for undermining your health and training.

By Amanda MacMillan

SPORTS NUTRITIONISTS get asked a lot about which foods runners should eat to boost performance or health – and which foods to avoid. It's not always easy to figure out. Health-food impostors can fool even savvy runners. "Some foods simply don't add much benefit," says sports dietitian Heather Mangieri, a spokesperson for the US Academy of Nutrition and Dietetics, "and some can be detrimental to performance."

Sure, you know that triple-scoop ice cream sundaes fall on the rarely-to-never end of a runner's ideal diet spectrum. But here are a few surprising foods and beverages that should be an occasional treat at most – or even better, swapped entirely for healthier choices.

FLAVOURED YOGHURT

Dairy is a great source of calcium, potassium, and protein. But flavoured yoghurts are typically sweetened with sugar – some pack more than 30 grams per serving. "Stick with plain Greek yoghurt," says Mangieri. It has just eight grams of naturally occurring sugar, plus 20 grams of protein, per serving. "Top with fresh fruit and crushed nuts."

MULTIGRAIN BREAD

Loaves that say 'multigrain' can still primarily contain refined white flour. "I've seen athletes buy 'honey wheat' or 'seven grain' bread because they think it has more nutrients," says Lindsay Langford, a sports dietitian at St Vincent Sport Performance. "These may actually just have more sugar and kilojoules, and very few whole grains." Look to the ingredients: the first item should be wholewheat

flour or another whole grain, rather than anything enriched or bleached.

SPORTS DRINKS

Carb-rich electrolyte drinks can be lifesavers during runs that last hour or longer. Too often, though, runners down them during short workouts, or when they're not exercising at all. "Their main ingredient is sugar, and lots of it," says Langford. "When you're sitting at work, they're not giving you a performance benefit – just added kilojoules you don't need."

ANYTHING PARTIALLY HYDROGENATED

If you see partially hydrogenated oils on an ingredient list, it means the food contains artery-clogging trans fats – even if the label lists zero grams. Companies can round down if a food has less than half a gram per serving. "Trans fats increase cholesterol



5 Superfoods to Eat Right Now

RAISINS

These chewy morsels are a source of iron – a fatigue-fighting nutrient that some athletes fall short on, says Mangieri.

BEANS

What do the longest-living populations have in common? They eat lots of beans, which are rich in protein, antioxidants, and complex carbs.

TEFF

This tiny gluten-free grain has double the protein and fibre of brown rice. “Teff muffins are a great pre-run snack,” says White.

YERBA MATE

With a mellower buzz than coffee and more antioxidants than green tea, “it may give runners better focus and energy to enhance performance,” says White.

SEAWEED

Kelp, nori, and other kinds “provide iodine, fibre, calcium, and vitamin C,” says Stoler. She likes roasted seaweed snacks for “the added sodium after a workout.”



levels,” says Langford, “and the body can’t easily convert them to energy, so they can also decrease athletic ability.” Last June, the US FDA announced that US companies must phase out trans fats completely within three years. The rest of us should read ingredient lists on foods like margarine, popcorn, nut butters, and biscuits – if any has partially hydrogenated oils, skip it.

BEER

Runners love to socialise over post-workout beers – but having more than one can hinder your body’s ability to repair itself. “Beer does have carbs, but it’s not a good recovery drink,” says registered dietician Jim White, owner of Jim White Fitness and Nutrition Studios. That’s because alcohol is a natural diuretic that can leave you dehydrated. “Have a beer, but don’t let it replace water,” White says. In fact, drink extra H₂O if you’re imbibing.

ENERGY DRINKS

In small amounts, caffeine can boost athletic performance and make a hard run seem easier. But get your buzz from a cup of coffee or energy

gel instead. A 2014 study published in the *British Journal of Nutrition* found that athletes who used energy drinks did see slightly improved speed and distance, but they were also more likely to experience agitation, insomnia, and nervousness for hours after competition.

NUT BUTTER IMPOSTORS

Peanut and almond butter can be a runner’s best friends – if you’re buying the real deal. The ingredient list should include nuts, salt, and that’s about it; if you prefer sweetened versions, opt for those with no more than three grams of sugar per serving, says Langford. (And yes, you should have to stir it!) Flavourings like cinnamon are fine, but watch out for chocolate-and-nut-butter spreads: some pack more than 20 grams of sugar and four grams of saturated fat per serving (and often, hydrogenated oils).

PROTEIN BARS

“Many of my clients think they need a protein bar or shake after they work out,” says Felicia Stoler, a registered dietician and exercise

physiologist. “But that usually comes at the expense of the carbs – and real foods – they should be eating.” Skip the bar and instead eat a little protein throughout the day, says Stoler, which is how the body absorbs it best. If your diet includes foods like fish, chicken, dairy, legumes, and whole grains, you don’t have to add processed protein to your post-workout routine.

COOLDRINKS

You know fizzy cooldrinks are a source of empty kilojoules, but runners should steer clear of diet drinks, too. A study published last year in the journal *Nature* found that artificial sweeteners used in these drinks may alter gut microbes in a way that increases glucose intolerance, potentially increasing risk for diabetes (though more research is needed). And artificial sweeteners like aspartame – not to mention carbonation – can cause GI distress in runners, says White. “An occasional cooldrink won’t hurt you,” he says, “but when people drink them regularly and in place of water, the effects can be devastating.”



THE RUNNER'S PANTRY

OLIVE GARDEN

RW contributing chef **Pam Anderson** shares secrets of this Mediterranean staple.

JUST LIKE THEIR NAMESAKE OIL, olives are rich in monounsaturated fats that help protect your heart, and antioxidants that reduce inflammation. Different ripening and curing processes create varieties in a vast array of flavours and colours. "Olives may be small," says 10-time marathoner Pam Anderson, "but their briny, piquant flavour brings ordinary ingredients to life." She incorporates the fruit (yes!) into Mediterranean-inspired dishes, like pizzas and salads. Anderson's latest cookbook, *Three Many Cooks*, is a memoir-with-recipes that she wrote with her two daughters. — YISHANE LEE



SAVOURY SALAD

Large, bright green olives add fruity flavour.


- 500 grams thin green beans, blanched
- 6 green or pimiento-stuffed olives, sliced
- 1½ ribs celery, diced small, plus ¼ cup celery leaves
- 1 medium shallot or spring onion, thinly sliced
- ▶ Zest and juice from ½ lemon
- 2 tablespoons extra-virgin olive oil
- ▶ Salt
- ▶ Ground black pepper

In a bowl, combine the green beans, olives, celery and leaves, shallots, and zest. Toss to combine. Drizzle with the lemon juice and oil. Season with salt and pepper. **Serves 6.**

SWEET TAPENADE

Serve on toasted baguette slices spread with goat cheese.

- 1 clove garlic
- 1 cup dried figs
- 1 cup tinned ripe black olives
- 1 teaspoon herbes de Provence/mixed herbs
- 1 teaspoon minced fresh rosemary
- 1 teaspoon orange zest
- ▶ Ground black pepper
- 2 teaspoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil

In a food processor, mince the garlic. Add figs, olives, both herbs, zest, and a bit of pepper. Process until finely chopped. Add vinegar and oil; pulse to combine. **Makes 1½ cups.** 

Too bitter to eat fresh, olives are cured with lye (it gets washed out), salt, water, or the sun and air.



MIND+BODY



Ultra-running sports podiatrist **Austin Sedicum**, who has his own practice, brings a toolbox stocked with these supplies to all his events, whether it's a 5-K, 100-miler (160km), or Ironman triathlon.

THE RACER'S REPAIR KIT

Be prepared for anything by assembling your own traveling toolbox.

By Austin Sedicum

AS TOLD TO KIT FOX



LEFT SHELF

ROAD ID Mostly used to identify you. But if you have an allergy or some other ailment that a medical team needs to know about, it's a must-have.

HEADLAMP You ever go into a porta-loo at 5 in the morning?

IPOD Sometimes I like music right from the start, but other times I use it to save

me from boredom. I like Ozzy Osbourne's *Over the Mountain* for big climbs.

ALSO INCLUDED

- GPS watch
- Reflective straps
- Glasses wipes
- Penlight
- Energy bars and gels
- Insect repellent
- Sunglasses

GINGER SWEETS

Suck on one of these (available at specialist pharmacies) if you have a rough tummy.

RIGHT SHELF

IODINE TABLETS

Once I ran out of water on a long-distance trail race. I had to drink water from a river, so I used a few tablets to make it safe.

LUBE SECTION

Good for nipples, tips of toes, armpits, and around the groin.

PETROLEUM JELLY

Cheap all-around anti-chafing solution. This is the stuff you give to your friends.

TOENAIL KIT

You need clippers, a file, small scissors, tweezers, plasters, and alcohol wipes. Keep your nails short

and smooth. Jagged nails can snag a sock during a run, which can cause you to lose toenails. The sharp scissors are the best tool to pop a blister.

ALSO INCLUDED

- Toothpicks
- Safety pins
- Cotton swabs
- Myprodol & Zantac

Look for a box with a range of compartments. And add bling. "It's not official until you put race stickers on it," Sedicum says.

BOTTOM

BUFF There are 100 uses for the buff, from a splint to a washrag.

KINESIO TEX TAPE

For races longer than 15 kilometres, I tape my Achilles tendons. I haven't had an Achilles injury in a few years, but my legs feel more speedy and secure with Kinesio Tape. The stretchy material

provides support while still allowing movement.

VISOR Hats are hot. Visors let heat off your head while also catching sweat and keeping the sun out of your eyes.

BANDAGE

For ankle, knee, or foot injuries.

ALSO INCLUDED

- Small towel
- Fuel belt
- Arm warmers

ELECTROLYTE TABLETS

I opt for a brand that has a high potency per tablet. I generally use these any occasion I'm running more than three hours in the heat.



THE BODY SHOP

UNKNOT YOURSELF

A simple yoga routine loosens tight spots, strengthens weak spots, and makes you a better, less injury-prone runner.

FOR REBECCA PACHECO, yoga and running have always been intertwined – much like her legs in the photograph below. “I started running when I was 14 and doing yoga when I was 16, so I really don’t know one without the other,” says the yoga instructor and two-time marathoner. Recognizing the benefits the ancient practice can have on both the runner’s body (improved flexibility, range of motion, muscular strength) and mind (more focus, less stress), Pacheco developed Om Athlete, a class she teaches to help runners improve performance and prevent injury. “Yoga is the perfect recovery activity for runners,” Pacheco says. “It relieves soreness and

tension in your hardworking muscles, and restores range of motion, so you can run better the next time you hit the road.” The poses form part of Pacheco’s full routine on her new DVD, *Runner’s World Yoga for Runners*. Pacheco recommends doing these moves following a run, and/or on a rest day. She cautions that they might feel a little uncomfortable at first, especially if you are brand-new to yoga and have been running with tight muscles for a long time. Ease into each position, and never push to the point of pain. As you continue to do this routine, you’ll notice improvement – on and off the mat. – KATIE NEITZ



Pacheco recommends Reclining Cow Face pose to stretch tight glutes and hamstrings.

A CLINICAL APPROACH

TO TREATING THE MOST COMMON
RUNNING-RELATED INJURIES

In this brand-new edition, updated to reflect current practices and research, you'll find everything you need to know about: shoes and shoe selection, 'over the counter' treatments, orthotic techniques and materials, Piriformis Syndrome, chiropractic medicine and acupuncture, stretching techniques, nutrition and supplements, injuries suffered by minimalist runners, and issues specific to women, children and endurance runners.

FOR ONLY
R90
EXCLUDING POSTAGE



Go to FitShop.co.za and click on *Runner's World*



DOWNWARD DOG

Stretches hamstrings, calves, and foot arches; strengthens shoulders

TO DO Begin on your hands and knees. Align your wrists under your shoulders and your knees under your hips. Spread your fingers and press into your palms. Tuck your toes and lift your knees off the floor. Gently try to straighten your legs and raise your hips into an inverted V. Breathe deeply for 10 breaths. As your muscles loosen, try to straighten your legs more and sink your heels towards your mat.



LOW LUNGE

Stretches hip flexors; strengthens hamstrings and quads

TO DO From Downward Dog, step your right foot forward between your hands. Lower your left knee, and – keeping the right knee in place – slide the left one back. Turn the top of your left foot to the floor and lift your torso upright. Then sweep your arms out to the sides and up overhead. Drop your tailbone towards the floor and look up. Hold for 10 breaths, release, and repeat on the other side.



TOES POSE

Helps prevent plantar fasciitis by stretching the

shins and arches of the feet
TO DO Kneel on your mat with your toes curled under. Sit back on your heels (you can place a yoga block or pillow between your heels and glutes). Breathe deeply for 10 counts. Then, point your toes, place your hands on the mat behind you, and lean back as you attempt to lift your knees off the mat. If your knees don't come far up, don't worry. You'll still feel a nice stretch in your shins and arches.



RECLINING HAND TO BIG TOE

Stretches hamstrings

TO DO Lie on your back with both legs extended. Bend your right knee, loop a yoga strap (or dog leash or towel) around the arch of the right foot, and hold both ends of the strap with your right hand. Try to straighten your right knee. As your hamstring loosens, try (gently) to pull it further back. But don't strain – you should feel a good stretch down the back of the thigh. Hold for 10 breaths, and repeat on the other leg.



RECLINING PIGEON

Releases tension and tightness in the hips

TO DO Lie on your back with your knees bent, and your thighs parallel and hip-distance apart. Cross your left ankle over your right thigh. Reach your left arm through the space between your thighs and reach your right arm around the outside of your right thigh. Clasp your hands below your right knee and flex your left foot. If your head comes off your mat, place a pillow or block behind your head. Hold for 10 breaths and repeat on the other leg.



RECLINING COW FACE

Improves range of motion in the hips; loosens tight glutes and hamstrings

TO DO Lie on your back and cross your knees, sending your feet out to your sides. Hold on to your right foot with your left hand and your left foot with your right hand. Or if it's more comfortable, hold your shins. Pull your heels in towards your body, then out to the sides and slightly up. Hold for 10 breaths, then reverse leg position and repeat.



RECLINING SPINAL TWIST


Relaxes the lower back and stretches the glutes

TO DO From Reclining Cow Face, lower your legs and twist to your left, while keeping your legs intertwined. Extend both arms out to your sides. Turn your head to the right and relax for 10 breaths. Switch sides.



LEGS UP THE WALL

Relieves tension in legs, feet, and back; stretches hamstrings and glutes

TO DO Sidle up beside an open wall space, with your hips as close to the base of the wall as is comfortable. Swing your legs up the wall and lie back. Rest here anywhere from 10 breaths to 10 minutes. Some people even nod off – sleep is the most essential recovery pose. 

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helps prevent friction and blisters

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supports and ensures socks stay in place

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MESH PANELS

assist to keep feet cool and dry

SENSITIVE RIB CUFF

for extra comfort

F A L K E

ADVANCE PERFORMANCE



GEAR

TECH

FOR RUNNING

BY
RYAN SCOTT
PHOTOGRAPHS BY
JAMES GARAGHTY



Reliving and sharing your run can be as much fun as the run itself. We take a look at the latest measuring, recording, and social tech that will help you bank your memories and share your stories.

PHOTOGRAPH SUPPLIED BY TOMTOM



A shake-and-edit feature, helpful for uploading directly after your adventure.

02



03



01/ TOMTOM BANDIT

R5 800

The first TomTom camera in South Africa offers a unique way of real-time sharing. A built-in media server allows you to review footage instantly with the smartphone app. In editing mode, a firm shake of the smartphone instantly pulls a selection of frames to create a short movie, which can then be shared on the spot.

FEATURES: Waterproof, up to 1080p60 capture, time lapse, single-burst images up to 16MP at 10/s.

STAND-OUT FEATURE: Super-quick upload after an edit mash-up.
Capex Union Mart

02/ SUUNTO SMART

SENSOR BELT R890

Buying an expensive watch to measure and record your heart rate during your running efforts is no longer necessary. If you already have a smartphone, then a belt like this pairs with the Suunto Movescount app (free) on your phone to give you heart-rate readings and complement the rest of the data recorded by the app.

Due South

03/ POWER MONKEY

EXPLORER R1 200

As long as there's a little sun, you need never again be stressed out about losing

power on your 5V devices, including iPods, MP3 players, GPS systems, SatNavs, headlamps, torches, e-readers and smartphones. Water-resistant and lightweight (171g), the Explorer can easily be taken along on any running adventure. It will give your iPhone or smartphone one to two charges, and your iPod two to six charges.

STAND-OUT FEATURE: Compact and robust.

takealot.com

04/ GOPRO HERO 4

SESSION R5 300

The new Session is smaller than anything we've seen

before, and has a variety of attachments to choose from, depending on the type of run you're going on. Testers reported it works seamlessly with the GoPro app; the functions and settings are easy to change, and the lag when viewing on your phone screen is less than one second. They also enjoyed the immediate, one-touch

recording function, which is new to GoPro.

FEATURES: 1440p30 HD capture, waterproof without casing, 8MP stills, a mic on the front and back.

STAND-OUT FEATURE:

Automatically adjusts to low light, and it's small and light.

Due South



04

50% smaller
and 40%
lighter than
other GoPro
cameras.



05

05/JBL REFLECT BT R800

Five hours of Bluetooth-enabled, wireless connectivity to your smartphone means you can listen to your app's feedback, or motivational tracks, while you run your marathon personal best. The cable is reflective, adjustable and waterproof, and ergonomically-designed earphones don't pop out of your ears after every 10 steps. Those who can't leave work behind when they go for a run can also receive calls using the inline controls.

STAND OUT FEATURE: In-ear comfort.

Incredible Connection

06/ ION AIR PRO 3 WIFI

R5 500

It's similar in shape and size to the Bandit, but without the nifty editing functionality. The Wifi capability doesn't allow you to stream live – rather, it connects to other devices via Wifi. It's like Bluetooth, only with a shorter lag.

FEATURES: Waterproof, 12MP sensor for stills, 1080p capture, two and a half hours of battery life, and 10GB of cloud storage, so you can store and access content from anywhere where there's a strong signal.

STAND-OUT FEATURE: Impressive battery life.

Futurama 021 851 3284

Finally! A lens
wide enough to
capture your
entire running
club.

06



07

07/ OLLOCLIP 4-IN-1 LENS

R999

If you're into gadgets and enjoy photography, this one is for you. The Ollclip includes four enhancement opportunities for your iPhone 6: two macro options at 10x and 15x, fisheye, and a wide-angle. But tester Sandra from Sea Point warns: "The macro is super-impressive, but it's not great for training on the clock. I kept stopping to take pictures of all the great photo opportunities on our run." The lens clips on and requires no software.

STAND-OUT FEATURE: Fits your entire running group into those post-run selfies.

iStore

08/ IPHONE 6

from R12 000

Smartphones are a brilliant addition to running for two reasons – and the iPhone 6 shows off both. Firstly, the 8MB images record your running memories, so you can share them. Burst mode, exposure control, auto HDR, and timer mode ensure your pictures look as good as the run felt. Secondly, running apps are fashioned on the usability of popular phones like the iPhone, and are constantly updated. And the iPhone 6 screen is just the right size (11.9cm) for you to see all the data presented clearly; but not so large that it won't strap comfortably around your arm.

OPTIONS: 16GB, 64GB, 128GB

STAND-OUT FEATURE: So many running apps are built with the iPhone in mind.

iStore

08



APPS BRING A WHOLE NEW DIMENSION TO RUNNING, IN WAYS YOU ONLY DISCOVER ONCE YOU USE THEM. OUR TESTERS PICKED THE BEST ASPECTS FROM THE MOST POPULAR RUNNING APPS.



BEST FOR...
ENTERTAINMENT
MAPMYRUN (FREE ON IOS AND ANDROID)

You can listen to music through the app while you're using it, which means you don't have to compromise your tunes or your run data. And when you've

finished running, you can share the details instantly on Facebook and Twitter. After all, as tester Stuart Webber says, "If it's not on Facebook, does your run even count?" There's even a log-style function that records the mileage done by your running shoes, and alerts you when it's time to buy a new pair.



BEST FOR...
RUNNING SOLO
STRAVA (FREE ON IOS AND ANDROID)

One of Strava's most innovative aspects for training solo is the opportunity to set smaller goals within your overall run. It also measures public segments you've run over, and ranks you in comparison to others who have run the same section. There's even a leaderboard that incentivises you to continue your climb up the ladder. Measuring your run against those who have run the same routes is a strange concept at first, but somehow extremely satisfying.



BEST FOR... GOING BACK TO BASICS
RUNKEEPER (FREE ON IOS AND ANDROID)

Quick-start functionality means you don't have to wait around while you choose modes and settings; the GPS signal connects to the app quickly, and off you go. Voice updates on your progress are optional, and testers found the voice clear and informative, without being intrusive at the same time. The app also has listen-to-music, goal-setting, and social-media share options.



10

Make sure you buy a cover to protect this super-slim smartphone.



11

A substantial rubber coating acts as cushioning when clumsy accidents occur.

09/ SAMSUNG GEAR FIT R3 000

This is a nifty addition to your Samsung smartphone, which makes reading data feedback on the move that much easier. The curved face looks good and the fit on the wrist is comfortable. But although the functionality offers heart-rate and pedometer readings, they're not incredibly accurate. The software doesn't impress, either.

STAND-OUT FEATURE: Great design, look and feel.
Incredible Connection

10/ SAMSUNG GALAXY S6 from R14 000

Samsung have at last built a phone that matches the look and tactile feel of the iPhone; and although Apple fans will never admit it, the 13cm screen on the Samsung delivers a higher-quality stills image, better black levels, and superior contrast ratio for watching video. Testers still chose Apple's operating system over Samsung's Android though – so it really comes down to your

personal taste. The good news is, both these phones are incredible smartphones that cover all of your running requirements. Except water resistance: neither is waterproof.

OPTIONS: 32GB, 64GB and 128GB.

STAND-OUT FEATURE: 3GB of RAM makes for speedy response when operating.

Dion Wireless

11/ AMPED STEALTH 6.1 CHARGER R465

Fast becoming a must-have for any trip, the Stealth is uncomplicated and easy to carry. A battery-pack charger with all the necessary USB attachments is cleverly designed into the device. Testers commented on the usefulness of the three bright LED lights, which indicate the power capacity available when clicking the power button.

WEIGHT: 156g

STAND-OUT FEATURE: A robust, rubberised storage case negates the need for precious packing on the move.

www.amped.co.za

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GT 1000 4
Gel Kayano 22
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Gel Fuji Pro
Gel Fuji Attack 4
GT 3000 3 W
Gel DS Trainer 20
Gel DS Trainer 20 NTR

NEW

Stability R 1849
Stability R 1449
Stability R 2249
Cushion R 2049
Trail R 1649
Trail R 1449
Stability R 1549
Lyte Stability R 1649
Lyte Cushion R 1649

Gel Fortify
Gel Hyperspeed 6
Gel Fuji Racer 3
Gel Fuji Trabuco 4
Gel Fuji Sensor 3
Gel Cumulus 17
Gel Pulse 7
Gel DS Racer 10
Gel Kinsei 5

Motion Control R 1949
Racer R 1149
Racer Trail R 1549
Trail R 1549
Trail R 1849
Cushion R 1749
Cushion R 1349
Racer R 1299
Versatile R 2399



adiStar Raven Boost
Ultra Boost
SNova Glide 7
adiZero Boston 5
adiStar Boost ESM

Trail R 1749
Cushion R 2449
Cushion R 1695
Light Cushion R 1549
Cushion R 2249

SNova Riot 6
Energy Boost 2 ESM
adiZero adios Boost 2
SNova Sequence 8

Trail R 1649
Cushion R 1949
Racer R 1649
Stability R 1749



R1260 V5
R880 V5
R1080 V5
R860 V5

Stability R 2049
Cushion R 1649
Cushion R 1849
Stability R 1649

Zante
M1500
T1210 V2
Vazee Pace

Fresh Foam R 1449
Racer R 1449
Trail R 1899
Light Cushion R 1749



Zoom Structure Triax 19 **NEW**
Zoom Elite 8
Zoom Streak 5
Lunar Glide 7
Zoom Pegasus 32

Stability R 1749
Light Cushion R 1649
Racer R 1149
Stability R 1499
Cushion R 1649

Flyknit Lunar 3
Zoom Vomero 10
Zoom Structure+ 18
Free 5.0
Flyknit Racer

Light Cushion R 1849
Cushion R 1749
Stability R 1549
Natural R 1149
Racer R 1799



Triumph Iso 2 **NEW**
Hurricane Iso
Powergrid Guide 8
ara 6
Progrid Peregrine 5

Cushion R 2299
Stability R 2149
Stability R 1999
Natural R 1899
Trail R 1799

Xodus 5.0
Powergrid Ride 8
Progrid Jazz 17
Grid Type A6

Trail R 1899
Cushion R 1849
Cushion R 1449
Racing R 1649



Wave Enigma 5
Wave Sayonara 3
Wave Inspire 11

Cushion R 2399
Light Cushion R 1949
Stability R 2099

Wave Kazan 2
Wave Rider 18

Trail R 1849
Cushion R 2099



Launch 2
Pure Grit 4
Glycerine 13

Light Cushion R 1949
Trail R 1949
Cushion R 2349

Adrenaline GTS 15
Cascadia 10
Ghost 8

Stability R 2099
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WAYDE VAN NIEKERK

At the 2015 IAAF World Championships, Wayde van Niekerk did South Africa proud, winning the 400 metres. So imagine our excitement when we got our hands on the actual pair of adidas spikes he ran in!

Let's take a closer look at the shoes that won gold in 43.48 seconds. (And read our full interview with Van Niekerk – thanks for lending us your weapons, Wayde! – on p19.)

148 GRAMS

Such a lightweight shoe has the obvious benefit of being able to move freely around the track with the runner, and with the least resistance from gravity. A Pebax® plate in the middle of the outsole provides the strength needed to hold these weapons together when Van Niekerk unleashes explosive power.

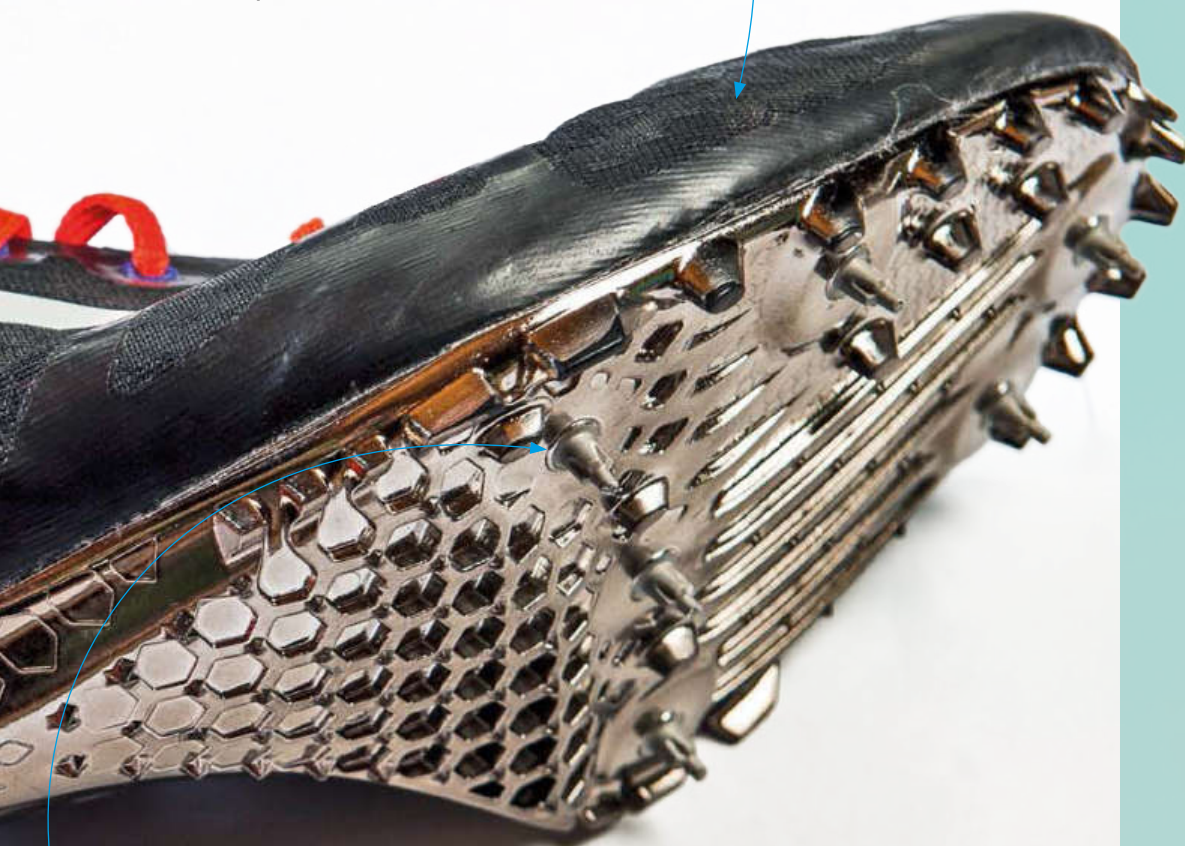
SHARKSKIN

It's not actual sharkskin – it doesn't even feel like that rubbery, mushroom-like, tactile shark outer. Still, adidas have given this name to the dimpled outsole in reference to the grip it generates at the rear. It helped Van Niekerk to make the least possible contact with the track when racing at full throttle.



WEBBED IN

Sprintweb is a welded, stitchless composite membrane upper, which combines with the breathable mesh in the forefoot upper to lock the foot down. The foot is prevented from swimming around in the spike, which means more power can be transferred to the track.




SIX OF THE BEST

The new six-spike configuration has a specific set-up to maximise acceleration and decrease deceleration. The landing platform is at the midfoot, which optimises the power of each stride, working with the central-back spike to propel the shoe through the stride most effectively. A single middle spike helps runners to balance on the bend.

REGULAR CHECK-UP

If Van Niekerk has inspired you to train on your local track, make sure your spikes are tight, but take care not to over-tighten and strip the socket thread. After each of your first five sessions, make sure the spikes haven't loosened. Each pair comes with a spike spanner.

You don't need to be a professional to enjoy the exhilaration of the track. Get out there, and sprint your heart out! 



ASK THE GEAR GUY
Ryan Scott

At the 2015 Berlin Marathon, I noticed the leader's insoles were jutting out of his shoes. How important are insoles? – KELLY, Drummond

It would have been hard not to notice the bizarre sight of winner Eliud Kipchoge's insoles, which had shifted out of place and were protruding outside of his shoes, and flapping around his ankles. Although he ended up running the fastest marathon time of the year, the Kenyan had to put up with painful blisters and cuts, caused by the insoles, for more than half of his race.

“...try running without insoles over a kilometre...”

Removing the insole is part of the process we go through when we test the shoes you see in the pages of *Runner's World*. We do this for two reasons: to get a feel for the cushioning, and to gain valuable insights into how the shoe is structured. Some testers actually prefer running in shoes without insoles, but there is no winning rule or formula. Whether you run with or without insoles all boils down to personal preference. So try running without them over a kilometre, and see how it feels – you might be pleasantly surprised.

RW Gear Editor Ryan Scott is comfortable running on the road and mountain trails alike, and is seldom seen wearing the same pair of shoes twice.

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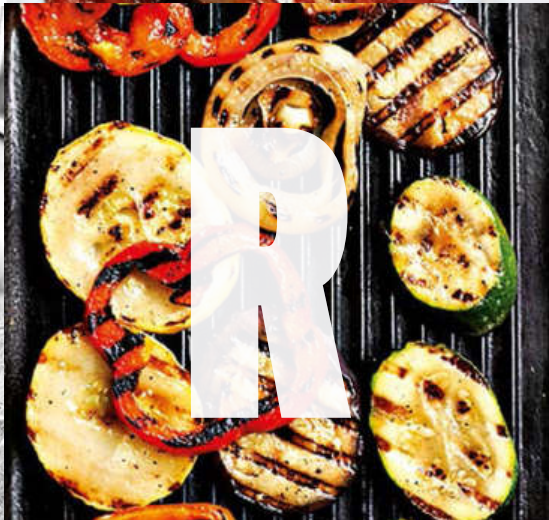
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Nutrition Special

Not sure what to eat on **RACE MORNING?**

In need of some tasty

MID-RUN

ENERGY? Want

to ensure you properly kick-start

RECOVERY?

Do it all with this lip-smacking collection of recipes, ready in **30 MINUTES OR LESS.**

by **JOANNA S. GOLUB**

Photographs by
**MITCH MANDEL &
MATT RAINEY**

Before You RUN

→ If you've ever woken up early for a race or long run (and every runner does, eventually), you know how difficult it can be to eat well in the pre-dawn hours. Maybe you simply aren't hungry when you first get up. Or race nerves leave you feeling queasy. If you're staying at a hotel (without your go-to foods readily available), you risk eating something that upsets your stomach. Happily, these quick breakfast ideas will fuel you up for a tough training run or race without weighing you down – and if you pack a few ingredients, you can even make some of these meals in a hotel room, too.

Cooked apples are topped with sugar and cinnamon, plus granola for extra carbs. If you like, add a dollop of yoghurt to the finished dish for a protein boost.

ALSO TRY

Good Morning Sweet Potato

Topped with maple syrup and walnuts, sweet potatoes provide a delicious energy boost.

Gingered Winter Greens Smoothie

Ginger may calm a queasy stomach, while coconut water provides much-needed electrolytes.



'BAKED' GRANOLA APPLES

MAKES 4 servings

TOTAL TIME 10 minutes

- 2** large crisp apples, such as Granny Smith, halved and cored
- 2** tablespoons chopped dried tart cherries
- 1** tablespoon packed light brown sugar
- ¼** teaspoon ground cinnamon
- ⅛** teaspoon ground nutmeg
- 4** teaspoons butter
- ½** cup granola

In a microwavable dish, arrange the apple halves, cut side up.

Top each half with cherries and sugar. Sprinkle with cinnamon and nutmeg. Dot with the butter.

Cover the apples with a microwavable lid. Microwave on high for 4 minutes or until tender.

Transfer apples to serving bowls. Sprinkle with granola. Drizzle any juices in the cooking dish on top.

NUTRITION PER SERVING

751 kilojoules, 29g carbs, 5g fibre, 2g protein, 7g fat

CARB PARTY

Fuel up the night before your long run or big race with one of these energy-packed meals.



Kara Goucher's Kitchen Sink Pizza

Wholewheat naan/roti flatbreads provide an easy, carb-rich base for a mix of grilled vegetables and chicken.

Spaghetti with Sun-Dried Tomato Sauce

Sun-dried tomatoes lend this sauce rich, intense flavour without having to cook for hours on the stove.

Pizza Margherita with Make-Ahead Tomato Sauce

Fresh mozzarella is naturally lower in fat than many hard cheeses, making it a good choice the night before a big run.

Spaghetti Carbonara

This classic Italian dish uses kitchen staples like eggs, onions, and a bit of bacon for flavour.

Soba Noodles with Peanut-Sesame Sauce

The no-cook sauce for this Asian-inspired dish takes just minutes to make, while soba noodles provide a break from traditional pasta.

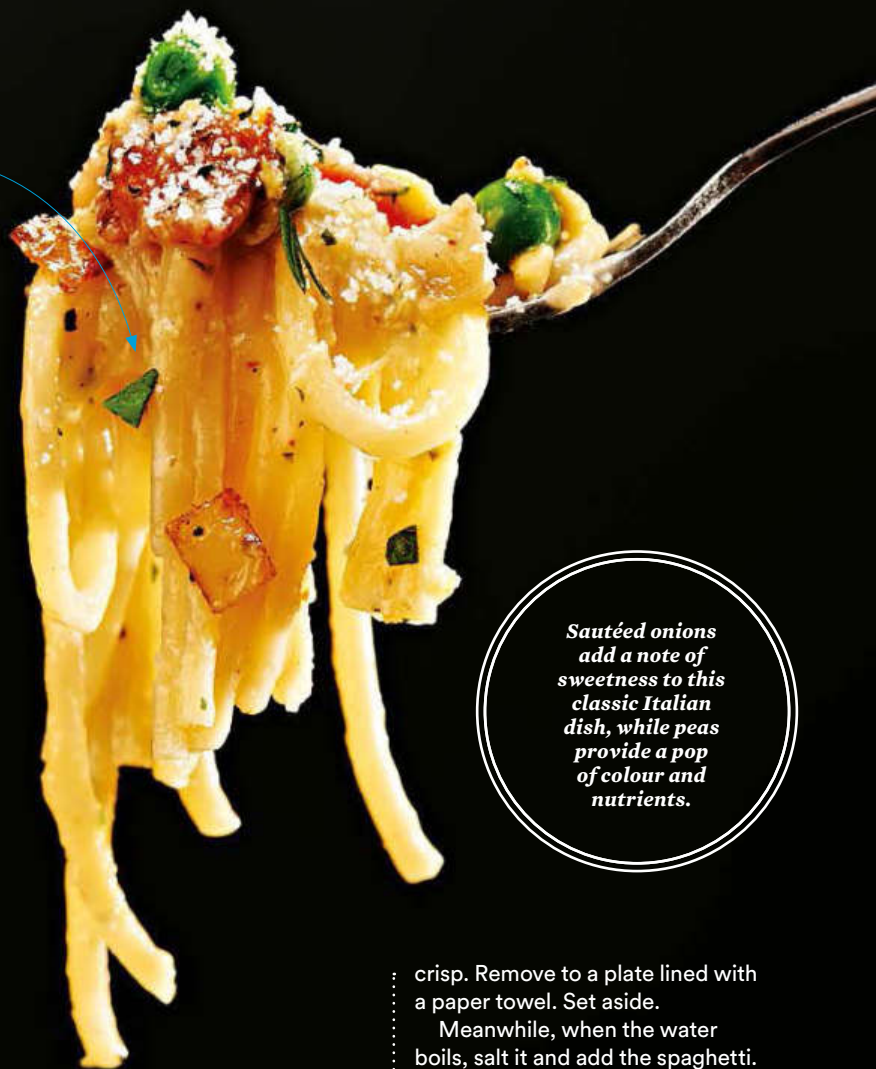


Pasta with Peas and Prosciutto

Created by *Runner's World* contributing chef Nate Appleman, this simple dish is easy on the stomach. A little bit of prosciutto provides electrolytes.



ILLUSTRATIONS BY KYLE HILTON



Sautéed onions add a note of sweetness to this classic Italian dish, while peas provide a pop of colour and nutrients.

SPAGHETTI CARBONARA

MAKES 6 servings
TOTAL TIME 30 minutes

- 6 slices bacon, chopped
- 1 box (500 grams) spaghetti
- ½ sweet onion, chopped
- 3 large eggs
- ¼ teaspoon salt
- ½ teaspoon ground black pepper, plus more to taste
- 1 cup frozen peas
- ¾ cup grated Parmesan cheese
- 2 tablespoons chopped fresh flat-leaf parsley

Bring a large pot of water to the boil over high heat.

While waiting for the water to boil, heat a large pan over medium-high heat. Add the bacon and cook, stirring occasionally, for 5 minutes or until

crisp. Remove to a plate lined with a paper towel. Set aside.

Meanwhile, when the water boils, salt it and add the spaghetti. Cook according to the package directions.

Return the pan to the stove over medium heat (if there is more than 1 tablespoon bacon fat in the pan, drain it). Add the onion and cook, stirring occasionally, for 4 minutes or until the onion is softened. Set aside.

In a bowl, beat the eggs with a fork. Season with the salt and pepper.

Two minutes before the spaghetti is done, add the peas. Reserving ½ cup of the cooking water, drain the spaghetti and peas in a colander and return to the still-hot pot. Immediately add the eggs, reserved cooking water, and onions. Toss well to coat the spaghetti (the residual heat will cook the eggs). Sprinkle with the Parmesan, bacon, and parsley, and toss well again.

NUTRITION PER SERVING

1853 kilojoules, 61g carbs, 4g fibre, 21g protein, 12g fat

On the GO



Anytime you run longer than an hour, you should pack some fuel to power you through your workout. Energy gels and chews are a convenient choice, but sometimes you want something more substantial – and satisfying. These energy bars and balls are quick to make, really delicious, and offer a decent amount of energising carbs.

Honey provides simple sugars (fructose and glucose), which are quickly absorbed and offer immediate energy.

▼ These sweet, crunchy, slightly chewy bars are the perfect mid-run pick-me-up. Pack one or two in a plastic bag to take along with you on your next long run.

HONEY ENERGY BARS

MAKES 9 bars

TOTAL TIME 30 minutes

- 2 large eggs**
- 3 tablespoons honey**
- 2 tablespoons canola oil**
- 2 teaspoons grated orange zest**
- 2 cups granola**
- $\frac{2}{3}$ cup roughly chopped walnuts**

Preheat the oven to 190°C.

Coat a 20-centimetre-square baking pan with cooking spray.

In a bowl, lightly whisk the eggs.

Whisk in the honey, oil, and zest.

Stir in the granola and walnuts.

Mix until thoroughly combined.

Spread the mixture in the baking pan and bake for 15 minutes, or until golden brown and set. Cool for 10 minutes before cutting into 9 squares. Store tightly covered in the refrigerator.

NUTRITION PER BAR

807 kilojoules, 23g carbs, 2g fibre, 5g protein, 10g fat



CHOCOLATE CHIP TRAIL MIX BALLS

MAKES 24 balls

TOTAL TIME 15 minutes, plus
optional chilling time

- ½ cup almond butter
- ⅓ cup agave syrup or honey
- 1 ½ cups old-fashioned rolled oats
- ¼ cup pumpkin seeds
- ¼ cup dark chocolate mini chips
- ¼ cup chopped dried tart cherries
- ¼ cup sliced almonds
- ½ cup toasted wheat germ

In a bowl, with an electric mixer on low speed, mix together the almond butter and agave syrup for 2 minutes or until smooth and well combined.

With the mixer on low, gradually add the oats until well combined, followed by the pumpkin seeds. Add the chocolate chips, cherries, and almonds. Mix for 1 minute or until just combined.

Line a baking sheet with waxed paper. For each ball, use a tablespoon to take a heaping scoop of the mixture and, with your hands, gently roll into a ball. Roll the ball in the wheat germ and set on the baking sheet lined with waxed paper.

You can eat the trail mix balls immediately, or transfer them (still on the baking sheet) to the fridge for 2 hours or until set. Transfer the chilled balls to a plastic bag and store in the fridge for up to 2 weeks.

NUTRITION PER SERVING

(2 trail mix balls) 878 kilojoules,
24g carbs, 5g fibre,
7g protein, 11g fat

▼
Salty and sweet, these tasty little snacks pack the essential components of trail mix – nuts, dried fruit, and yes, chocolate – into an easily portable package. Not only are they a delicious mid-run snack, but they also make for a quick breakfast on the go.



ALL-DAY

recovery meals

BREAKFAST

Rich in protein and antioxidants, eggs are a quick and convenient meal when you're in a hurry.

SIMPLE OR STUFFED OMELETTES

MAKES 2 servings
TOTAL TIME 10 minutes

- 1** tablespoon butter
- 4** large eggs
- Pinch of salt
- Pinch of white pepper

Heat a 20-centimetre pan over medium heat. Add half the butter and swirl until melted and foamy.

In a bowl, whisk the eggs until fully blended. Whisk in the salt and pepper.

Pour half the egg mixture into the pan (it should be very hot). When the underside is set (after 30 seconds), continuously lift the edges of the omelette slightly with a spatula and tilt the pan to let the uncooked egg flow underneath. Work your way around the pan for about 1 minute more.

As soon as the mixture appears set but is still soft and slightly wet, add any fillings (see opposite page), fold the omelette in half, and slide it out onto a plate. For an omelette that's a little less wet and more set, cover the pan but keep over the heat for another 30 seconds. Add any fillings, fold the omelette in half, and slide it onto a plate.

Wipe the pan clean with a paper towel and repeat with the remaining butter and egg mixture.

NUTRITION PER SERVING

812 kilojoules, 1g carbs, 0g fibre, 13g protein, 15g fat



After a tough morning run or race, it's key to refuel with a combination of carbohydrates, which will replenish muscle glycogen, and protein to repair and rebuild muscle tissue. But that recovery doesn't happen after just one meal. You need to continue to eat recovery-friendly foods throughout the day. Here's how to fuel up after a morning run to ensure that your muscles are ready to go the next day.



1



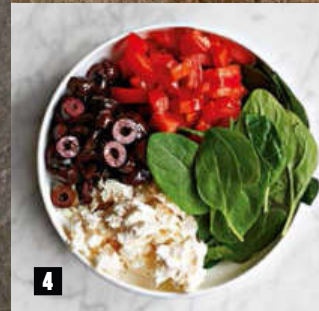
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CRAB CAKES
 ¼ cup shredded
 cooked crab; ½
 teaspoon grated
 lemon zest; 1
 spring onion,
 chopped



3



4



MEATY START
 1 cooked breakfast
 sausage, sliced;
 1 slice cooked rindless
 bacon, crumbled



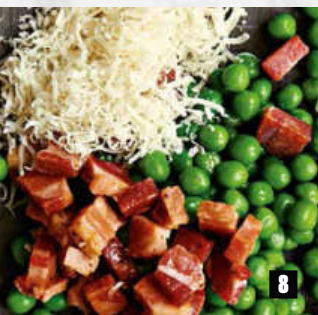
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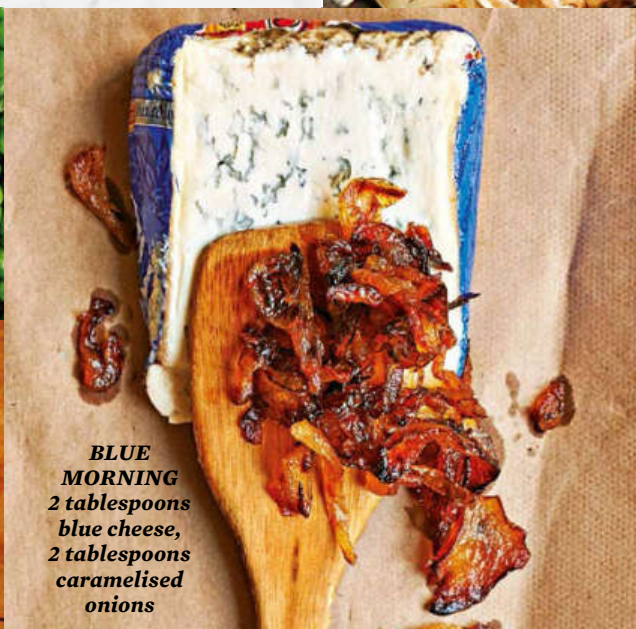
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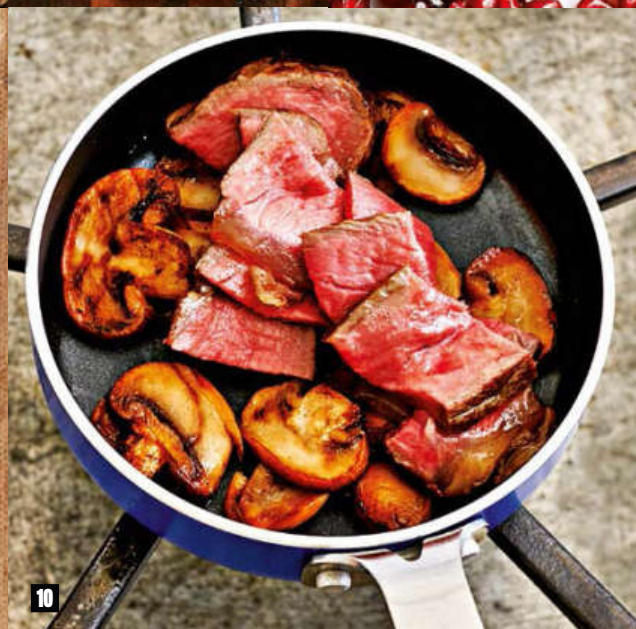
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9



**BLUE
 MORNING**
 2 tablespoons
 blue cheese,
 2 tablespoons
 caramelised
 onions



10

SUPER STUFFED OMELETTES

Add these
 nutrient-
 and flavour-
 packed
 ingredients
 before folding
 in half.

1 GRILL FEST

¼ cup leftover mixed
 grilled vegetables
 (brinjal, courgette,
 bell pepper, onion)

2 CURRY LOVE

¼ cup sautéed
 cubed tofu, ¼
 teaspoon curry
 powder

3 PASTA PERFECT

¼ cup leftover
 cooked pasta, ½
 tablespoon sun-dried
 tomato spread

4 GREEK

Small handful baby
 spinach, 1 tablespoon
 crumbled feta, 1
 tablespoon diced
 tomato, 1 tablespoon
 chopped olives

5 SPANISH

¼ cup sautéed
 diced potato, 2
 tablespoons sautéed
 chopped onion

6 LEAN MACHINE

¼ cup diced cooked
 chicken, small
 handful fresh baby
 spinach

7 PROTEIN BOOST

2 tablespoons
 Greek yoghurt,
 1 tablespoon
 pomegranate seeds,
 1 teaspoon honey

8 CARBONARA

2 tablespoons
 cooked diced
 pancetta, 2
 tablespoons green
 peas, sprinkle of
 Parmesan

9 APPLE PIE

¼ cup diced
 apple sautéed in 1
 teaspoon butter,
 1 tablespoon grated
 cheddar

10 STEAK AND EGGS

¼ cup leftover
 chopped cooked
 steak; 2 tablespoons
 sautéed sliced
 mushrooms

LUNCH



Made with rotisserie chicken, this quick, protein-packed sandwich is ideal for a make-ahead lunch.

QUICK TIP

If you prefer less spice, use mild kimchi (fermented cabbage). It's packed with flavour and good-for-you probiotic bacteria. Look for it in most Asian supermarkets.

VIETNAMESE-STYLE PULLED-CHICKEN SANDWICHES

MAKES 4 servings

TOTAL TIME 20 minutes

- 2 tablespoons toasted sesame oil
- 1 tablespoon fish sauce
- ½ teaspoon soya sauce
- 4 soft Portuguese rolls (12cm long), split
- ¼ red onion, cut into one-centimetre-thick rings
- ¼ cup fresh coriander (dhanía) leaves
- 1 ½ cups shredded rotisserie chicken breast
- 1 cup kimchi, drained
- 4 lettuce leaves
- 2 tablespoons mayonnaise

Heat a large pan over medium heat.

In a small bowl, mix together the oil, fish sauce, and soya sauce; brush onto cut sides of rolls.

Place the rolls, cut side down, in the pan. Toast for 3 minutes or until golden and crispy.

Arrange the onion, coriander, chicken, kimchi, and lettuce on the bottom half of the rolls. Spread the top half with the mayonnaise.

Close up the sandwiches and serve.

NUTRITION PER SERVING

1 510 kilojoules, 38g carbs, 3g fibre, 23g protein, 11g fat

▲ Inspired by the Vietnamese sandwich called *banh mi*, this pared-down version offers many of the same flavours, but without the laundry list of ingredients found in many recipes.

DINNER

Grilled pineapple makes for a juicy topping that's abundant in vitamin C and manganese.

Salmon is a rich source of both protein and inflammation-reducing omega-3 fatty acids.

LETTUCE-WRAPPED ASIAN SALMON BURGERS

MAKES 4 servings

TOTAL TIME 30 minutes

- 450 grams skinless salmon
- 2 tbsp soya sauce
- 1 tbsp mild chilli sauce
- 2 cloves garlic, chopped
- 2 teaspoons finely chopped fresh ginger
- ¼ teaspoon ground black pepper
- ¼ cup toasted wheat germ
- 3 spring onions, chopped
- ⅓ cup chopped fresh coriander
- 1 tablespoon canola oil
- 4 pineapple rings
- 4 large lettuce leaves
- 2 tablespoons hoisin sauce

Preheat a grill on medium heat. In a food processor, combine 225 grams of the

salmon, soya sauce, chilli sauce, garlic, ginger, and pepper. Process until pureed.

Chop the remaining 225 grams of salmon by hand. Pulse into the pureed mixture, along with the wheat germ, spring onions, and coriander. Shape into 4 patties.

Brush the grill with ½ tablespoon oil. Transfer the patties to the grill and cook for 3 to 4 minutes per side, or until they reach an internal temperature of 60°C.

Brush the pineapple rings with the remaining ½ tablespoon oil. Grill for 2 minutes per side.

Place each burger on a

lettuce leaf and top with hoisin sauce and a pineapple ring. Wrap the lettuce around the burger and serve.

NUTRITION PER SERVING

1723 kilojoules, 31g carbs, 2g fibre, 29g protein, 20g fat

Despite weighing 89kg, Bakker has a clean bill of health and is an accomplished runner.



IS IT POSSIBLE TO BE OVERWEIGHT, BUT FIT? HEALTHY AND HAPPY, AS WELL AS HEAVY? MICHELE BAKKER PROVIDES AN INSPIRING EXAMPLE.

BY LISA NEVITT

PHOTOGRAPHS BY IGOR POLZENHAGEN

Ultra Runner

Since she embarked on a healthy diet and took up running in her 30s, Michele Bakker has lost 45 kilograms. But despite finishing Comrades and the Two Oceans ultra, and with a 2:04 half-marathon PB, she still weighs 89 kilograms – and try as she might to lose weight, she has reached a plateau. “I’ve had everything checked – my cholesterol, lungs, and even my eyesight, are all 100%,” she says. While Bakker is under no illusion that carrying extra weight doesn’t pose risk, she acknowledges the role that diet and exercise have played in offsetting the threat. “The idea that thin equals healthy is challenged at my local parkrun every Saturday,” she says firmly. “There are people of all sizes and shapes who *can* run.”

The medical profession has contested it, too. “I’d never say that weight doesn’t matter,” says Dr Julia Goedecke, senior specialist scientist at the South African Medical Research Council’s Non-Communicable Disease Research Unit. “There is a massive problem of overweight and obesity in South Africa, and little has been done to address it. But although running doesn’t completely reverse the increased risk associated with Michele’s weight, I agree that it does attenuate it.” →

BMI (a measurement of body fat, based on height and weight) determines whether someone is 'overweight' or 'obese', and is the go-to gauge for ticking the box labelled 'healthy'. But, according to Goedecke, it's not your overall weight that's important, but where you carry fat.

Fat around the abdomen reduces insulin sensitivity and increases the risk for diabetes and heart disease. Diabetes increases your likelihood of suffering a heart attack or stroke.

"That's why a measure of centralisation of body fat, such as waist circumference, would be a better way to establish risk," she explains. "The recommendation is to have a waist of less than 80cm for women, and less than 94cm for men."

But there are many studies to show that regular exercise and a healthy diet have positive health benefits that are independent of weight. For example, running has helped Bakker to improve her insulin sensitivity, which has helped her reduce her risk of diabetes.

"Someone who is thin, but eats unhealthily, smokes and doesn't exercise is termed 'metabolically unhealthy', and typically has less muscle – and more fat, particularly around their organs – than their healthy counterparts," says Goedecke.

To truly determine whether a person is healthy, factors other than BMI, such as waist circumference, fitness and diet, cannot be dismissed.

BAKKER'S BATTLE

Bakker's complicated relationship with weight began at school, when she was eight years old. "Our teacher was casting for the role of the portly king in the musical, *Old King Cole*. All the other girls cheered, 'Pick Michele: she's the fattest'."

"Looking back at school photographs, it's easy to see why I was singled out. All the girls were slim, except for me and maybe one other. But we weren't obese. Back then, the problem of obesity in junior schools wasn't common."

Bakker lived with her parents, father Anthony and late mom Delysia, and her sister Sharon, in Cape Town's leafy suburb of Rondebosch. She describes her home as "positive, loving and encouraging".

But Anthony and Delysia were divorced when Bakker was 10. Dad left the family home, and Michele felt an overwhelming sense of rejection. Delysia worked full time, so meals became haphazard affairs. Bakker's small world splintered, and she leaned on convenience food for support. 'Slightly chubby' became 'overweight'.

But it wasn't her weight or physical ability

that prevented Michele from participating in PE at school – she loved club tennis and netball (and even cadets), and at 18 she taught aerobics at her local church hall, complete with leg warmers and *Flashdance* soundtrack. It was that at school, she felt insecure and unaccepted.

The air of unacceptability followed her into adulthood. Shopkeepers scoffed: "We have nothing here that will fit you." Flying on a plane meant requesting an extra-length seat belt.

"...there are many studies to show that regular exercise and a healthy diet have positive health benefits that are independent of weight."

"My mom, who died last year, suffered from rheumatoid arthritis, diabetes, and numerous other health issues," says Bakker. "Due to a back and hip replacement, she did virtually no exercise. Seeing her health deteriorate due to her inactivity bothered me."

"At my 30th birthday, weighing 133 kilograms, I was at my heaviest, and wore size 48 pants. Somehow I mustered the confidence to stand on a chair and deliver my birthday speech. The chair survived the ordeal, but I died inside."

As with most life-changing shifts, Bakker had to hit rock bottom first. At the crossroads, she was faced with a choice: stay that way forever, or do something about it. She did something. First came counselling sessions; then she joined Weight Watchers, a gym, and eventually a running club.

FITNESS?

It's not lack of fitness that's preventing Bakker from shifting more kilograms – her typical running mileage is between 40 and 50 kilometres a week. She rarely takes walk breaks, and runs between 6:50 and 8:00 mins/km, depending on whether she's doing speedwork or a long, slow distance.

"Thirty minutes of moderate activity on most days (150 minutes/week) is recommended for health," advises Goedecke.

Bakker's father Anthony, who has finished 14 ultras, seven of which were Comrades, influenced the start of her running career, along with two good friends, Bridget van Breda and Debbie Kirsten (wife of former Proteas coach Gary). Bakker joined Celtic Harriers, where she met member Patrick Cox, who offered her coaching that involved daily emails and weekly training programmes. Cox also came to support her on the finishing line at races.

But Bakker acknowledges that love, support and coaching can only go so far. If you want to run, it has to come from you.

During some of their earlier training sessions close to Van Breda's house in Newlands, Cape Town, Van Breda says Bakker gave up quite easily, realising how

Bakker was inspired to run by her father, Anthony (right); Bakker's Comrades finish (left)





*Close friend
Bridget van
Breda watched
Bakker's
confidence
blossom thanks
to running.*



PHOTOGRAPH SUPPLIED (RUSTENBURG GIRLS' HOSTEL RUNNING CLUB)

much she had to suffer in order to attain the next level of fitness.

"I remember being quite hard on her. But as the challenges got tougher, and we got faster, I witnessed her confidence blossom. The mental shift happened in Wellington at the Safari Half Marathon. I told Michele we had four kays to go, and she opened up the gas."

When she ran Comrades, Bakker was no longer concerned about her weight, because she'd done all the training and felt mentally strong. Anthony, Sharon and Mark (Bakker's half-brother) flew up to support her. At the 30km mark, Bakker sat down and cried. She told Sharon that she couldn't continue. "Get up, and keep going," her sister ordered.

Sharon reminded Bakker that their mom Delysia would never have given up. "My mother's strong will to fight through pain until the very end had motivated me on every single training run, and now the pain of giving up seemed to me worse than the pain of pressing on."

She went on to finish Comrades in 11:55, a result to add to her two Two Oceans ultra medals and a half-marathon personal best of 2:04.

LIFESTYLE?

Is 'overweight' necessarily caused by a sedentary lifestyle? Spend a day in the life of Bakker, a live-in house mom at Rustenburg Girls' High School in Rondebosch, and the answer is definitely 'no'.

Bakker has always worked with youth, whether as a youth leader, au pair or swimming coach. She was 40 when Rustenburg's hostel superintendent remembered her from a church youth

group, and asked her to get involved in working with the girls at Rustenburg's boarding-house hostel.

With 76 teenage residents the hostel is a hive of activity, from the moment the girls wake up, to the gentle chatter of a midnight feast. Bakker walks around the entire hostel, keeping an eye on the rooms and dorms and checking in on sick children.

Besides taking the girls out in the hostel bus for energetic activities like surfing, hiking, and ice-skating, she's even taken a boarder and 15 of her friends out for a singsong birthday celebration. She often

"I enjoy healthy food, particularly avocados and vegetables..."

goes the extra mile, although she sees being available to the teens as part of her job. She once took a girl to the hospital in the middle of the night and stayed with her until morning.

"I love to laugh with the girls and connect on our fun trips out," she says. "Or when we're playing a game of 30 Seconds, or toasting marshmallows on sticks around a fire."

Bakker started the hostel's running club at the end of 2013, because she wanted to help the girls discover their own talents,

and empower them with essential life skills. And running has filled these teens with the confidence that she never had growing up.

"Ms Bakker was always supportive, especially if there were some of us who weren't fit, or natural runners," recalls ex-Rustenburg Girls' High student Robyn Patterson. "She isn't a fast runner, and would stay at the back; but when we reached stop streets, she encouraged us to run back to fetch her. Our sessions were never cancelled, even if it was cold or if we didn't feel like it."

"Running with Ms B didn't just improve our fitness. Her passion for running and leading a healthy lifestyle, despite the obstacles, taught us that goals require perseverance."

DIET?

Food isn't the culprit either. Bakker loves food. Sometimes she struggles with her portions, and battles to resist sugar and make good food choices; but mostly she follows a balanced diet. For breakfast, she has eggs and a piece of low-GI bread, or yoghurt with nuts, a piece of fruit for a mid-morning snack, chicken or tuna with salad at lunchtime, and chicken or fish with vegetables for dinner.

"I enjoy healthy food, particularly avocados and vegetables," she says. "I stay away from white bread and hot chips, which is quite difficult living in a hostel. On a cold winter's day, I'll walk into the dining room and there'll be hot chips, steak and pies on the table. Maybe I'll grab a few chips, but that's all. Twice a week, I'll treat myself to a quarter of a slice of cake, or two squares of chocolate."


GENETICS?

Bakker has become a runner in every sense, from racing to nutrition. But while no longer obese, she has remained overweight. According to Goedecke, not everyone can be slim by following a high-quality diet and exercising.

Genetics play an important role in weight. If everyone ran 10 kilometres a day and ate the same healthy diet, the outcome would still be a broad range of different body shapes.

"Some will always be more prone to being overweight than others, and will therefore have to work harder to maintain a healthy weight," Goedecke explains.

Bakker isn't saying 'I've made it, and I know all the answers'. For her sense of self worth and where her life is today, she credits her Christian faith. In an ideal world, she'd love to lose another 10 or 15 kilograms, and be lighter so that she could run faster.

But at the same time, she has accepted that to call herself a runner, she doesn't have to be the kind of 'perfection' you see on the cover of a magazine. 



Bakker empowers members of her hostel running club with essential life skills.

OTHERS MAY RUN FASTER, BUT NO ONE RUNS **FAST** AS **FREQUENTLY** AS MARATHONER **YUKIKAWAUCHI**. WHICH AT LEAST IN JAPAN, AND NOW IN SA, MAKES THIS **MANGA-LOVING SALARYMAN** A **ROCK STAR**.

51 MARATHONS –
23 WINS!



SUPER-FAST!

DESTROYING
THE
STATUS QUO!

**NEVER
QUIT!**

This page: Going all out at the 2015 Sanlam Cape Town Marathon. Opposite: At home in Saitama, Japan, sporting his signature fringed hairstyle.

**GO
SALAM
S**

REFCAR
GO!



埼玉県庁

BY **KUMIKO MAKIHARA**

PHOTOGRAPH BY ANDRONIKI CHRISTODOULOU

T

THE BOY IS RUNNING HARD,

his breathing loud and choppy. He sees his mother up ahead, standing at the spot on the asphalt path that marks the end of the lap. She's looking at the stopwatch in her hand. If he beats his personal best, even by a second, practice will end and there might be a reward. An ice cream or a burger, maybe. If he's slower, he'll have to run around the park again. He hates those penalty runs, but at age 7, he doesn't dare challenge his mother. She shouts, "Three minutes 34...35...36," and each second declared propels him faster. When he finally reaches her, he collapses on the grass. Bits of twigs and dirt stick to his sweaty arms and legs as he rolls around on the ground and tries to calm his breathing. But soon his mother

is shouting again. "What are you doing lying down there?"

It's time for a penalty lap.

MORE THAN 20 years later, Japanese marathoner Yuki Kawauchi is still running hard. Very hard. Kawauchi, 28, races nearly every weekend, in distances that range from half marathons to ultras to the world marathon majors. Racing so many events is impressive, but what makes Kawauchi

Kawauchi out in front at age 4 during a school sports day (left); and aged 8 after finishing runner-up in a local kids' race (right).

BY DAY, A MILD-MANNERED GOVERNMENT EMPLOYEE ...



exceptional is how consistently fast he runs them. In 2013, he ran 11 marathons, four of which were sub-2:10 performances: he ran 2:08.15 and 2:08.14 (his PB) 42 days apart in February and March, and 2:09.05 and 2:09.15 just 14 days apart in December (at press time, a world record for the shortest time span between sub-2:10s). In 2014, he ran 13 marathons in times that ranged from 2:16.41 to 2:09.36 (his seventh career sub-2:10, a total that netted him the Japanese record). Last May, he ran – and won – three half marathons over three days, running 1:07.23, 1:07.03, and 1:09.23. By comparison, just one American man ran a sub-2:10 marathon in 2013 (Dathan Ritzenhein ran 2:09.45 in Chicago), and only one did so in 2014 (Meb Keflezighi ran 2:08.37 in Boston). In fact, just 16 Americans have ever run under 2:10, and few pros of any nationality run more than two marathons a year.

But Kawauchi is not a full-time athlete. He has an office job. He works about 40 hours a week. He collects prize money from races but refuses sponsorships or appearance fees (as a government employee, he is forbidden from receiving income from other jobs). He has no coach or manager. At 1.7 metres and 59 kilograms, this public servant doesn't look



BUT BETTER KNOWN AS ...
**THE CITIZEN
RUNNER!**

Mobbed by the press after being selected for Japan's marathon team for the 2013 IAAF champs (left); with fans after the 2011 Fukuoka International Marathon (above).

much like a runner. By day, he's the office nerd channeling Clark Kent, wearing glasses and working at a desk, his back ramrod straight. On weekends, though, despite a contorted expression and laboured stride, he's blowing past his competition.

Because of this, he is an inspiration for Japan's millions of weekend warriors. The Japanese love marathons and marathoners in part because the culture values the stoicism the race requires. "Runners come across as people with perseverance," says Yukiya Higuchi, editor of the Japanese monthly running magazine *Courir*. "You can practically measure the extent of their efforts [by] watching their sweat drip."

Kawauchi has garnered such a huge following because he's dared the masses to believe that a desk job isn't a deal-breaker when it comes to achieving great things. "Kawauchi has shown them another way of life for an athlete. For him, marathoning is not the ultimate goal. It's a hobby," says Higuchi. In turn, these ordinary runners spur on the 'citizen runner', as Kawauchi is affectionately called. Where he was once compelled by the promise of a sweet treat,

Kawauchi now performs his best for those, he says, "who've only seen fast runners on TV."

MAKING HIS FANS happy "is my mission", Kawauchi says in Japanese while scoffing down a sandwich (he speaks limited English). He's seated at a small table giving back-to-back interviews in a corner of the media area the day before the 2014 New York City Marathon. Amid the noise of simultaneous press briefings and race officials rushing in all directions, Kawauchi speaks in a rapid-fire manner while looking me straight in the eye, displaying utmost attention to each question.

Kawauchi's running career began early. When he ran 7.30 in the 1 500 metres as a 6-year-old, his mother, a former high school middle-distance runner, was impressed. Mika Kawauchi decided to coach him, and her training programme, which lasted until the boy finished primary school, consisted of daily time trials in local parks. His task each day was to best his personal best; if he was up to 30 seconds off, he had to run an extra

lap. If he was a minute off, two laps. If he was consistently slow, he would have to walk the nearly three kilometres home alone, although that only happened a few times. An obedient child, Kawauchi remembers that no matter how much fun he was having playing video games with friends after school, he'd tell them, "I have my running now," and head to the park.

Mika Kawauchi's fierce parenting style is not that unusual in Japan, where mothers traditionally push children to excel. But the boy's compliant character allowed her to create and enforce a grueling regimen. Every day he went as hard as he could, staggering at the finish. When the occasional passerby remarked that it was too much to make such a young kid run so hard, Mika Kawauchi retorted, "This is our family's way of raising children."

Her approach probably prepared the boy mentally for the rigours of track running at school, where training methods are intense. Kawauchi's high-school team practised six or seven days a week, with daily 30-minute strength-training in the morning plus afternoon runs that could exceed two hours. They did speedwork

→ three or four times a week. Going all-out was expected, and stronger runners like Kawauchi, who often pulled ahead of the group, routinely collapsed by the finish. Initially, the boy thrived, but during an 11-K training run in his second year, Kawauchi felt a sharp pain above his left knee. He kept going, however, completing 10 400-metre sprints and 80 squats with his teammates. “Then I completely broke down,” he says. He suffered shin splints and recurring bouts of iliotibial-band syndrome in his left knee. It was the start of a persistent cycle – injury followed by insufficient recovery followed by injury – that would torment Kawauchi throughout his high-school years.

Under the team’s hierarchical system, out-of-commission runners like Kawauchi were assigned the humiliating tasks of carrying bags or fetching water for teammates. He recorded his emotional turmoil in a diary with entries like, “What am I? Human scum?” His mother, who had handed over the coaching reins to the track team, recalls giving her son his space. “It seemed like he needed to get through this on his own,” Mika Kawauchi says. “If he wanted to talk about it, I was there, but he didn’t say much.” Shortly before he graduated from matric, another hardship struck. Kawauchi’s father – who had massaged the boy’s aching legs every night no matter how late he arrived home from work – died suddenly from a heart attack, at age 59. Says Kawauchi regretfully, “He only saw me at my lowest point.”

PERHAPS because of his injury history, Kawauchi was never a standout in high school, and no university recruited him. Instead, he went to Gakushuin University in Tokyo, an institution known not for athletics but for educating Japan’s nobility, and joined its track team.

If Kawauchi’s mother started the engine of his running career, his varsity coach shifted him into high gear. Seiichi Tsuda adjusted the young runner’s habit of kicking his right foot outward on landing, a move that was burdening his left side, and encouraged him to keep a steady pace so he wouldn’t collapse on finishing. The drive conditioned from childhood was still there; Tsuda would tell his restive protégé: “Let’s try to enjoy our training.” To Kawauchi’s surprise, his coach scheduled speedwork just twice a week. Gradually, the young man learned to scale back his do-or-die approach to intervals, and chill out if he felt

a strain coming on. The tempered approach paid off, and within months, his PB of 15.07 for 5 000 metres fell to 14.38. Kawauchi had finally learned how to balance his training and heed his body. “I felt like I was in paradise,” he says.

To add to this euphoria, in his second year Kawauchi achieved the dream of all young Japanese runners. He qualified for the 2006 Hakone Ekiden, a two-day-long varsity men’s relay of 10 roughly 21-kilometre legs that covers the 217.1-kilometre distance from downtown Tokyo to the hot-spring resort town of Hakone and back (see ‘*Big in Japan*’, page 75). It’s one of Japan’s most popular sporting events. Typically, more than a million spectators line the course, and nearly 30 per cent of the population watches the live TV broadcast. While the field boasts the country’s top university teams, one team is composed of runners from universities outside the elite racing circle. As Gakushuin University had never fielded a runner in the race, news spread of its contestant. Kawauchi finished third in his leg (he qualified again in 2008 as a senior, and finished third on the sixth stage), and his fame still permeates the Hakone Ekiden – at the start of the 2014 race, students handed out a university newspaper with a huge photo of his tortured race face and the headline ‘The Legend of Passion’.

In his senior year Kawauchi ran his first marathon, the 2009 Beppu-Oita Mainichi Marathon in southern Japan, in 2:19.26. The following month, he ran the Tokyo International Marathon in 2:18.18, and came in 19th. He had found his calling.

AROUND THIS TIME, Kawauchi made another important discovery. For years, he had been running for others – his mother, his coach – obedient to their bidding and afraid that if he stopped heeding them, he would lose everything he had worked for. But one day, he overheard another student saying how much he liked to run; “I suddenly realised that I wasn’t running because I was afraid, but because I *liked* to run,” Kawauchi says. “It was like I woke up. And after that, my times just kept getting better.”

Kawauchi catapulted onto the elite

The winning team of the 2015 Hakone Ekiden celebrates on 3 January 2015, by tossing their final runner



stage and into the public consciousness at the 2011 Tokyo Marathon. At kilometre 38, as he overtook the only other Japanese runner ahead of him, an excited broadcaster raved about the surge of the “star citizen runner”. Kawauchi finished third in 2:08.37, first among the Japanese. To date, he’s run 51 marathons, placing in the top three in 31 of them and winning 23. He’s accepted invitations to races around the world, including Egypt, Australia, Germany, Switzerland, the US (where he’s run the New York City Marathon the past two years), and this year South Africa, where he ran the Cape Town Marathon. “He almost always has the fastest final split,” says Brett Larner, who has known Kawauchi since 2006 and authors the website *Japan Running News*. “He’s really tough. No matter what the circumstances, he can really grind it out, just putting everything into that last two kays.”

Tsuda, too, credits Kawauchi’s sheer force of will. “It’s not talent, but mental strength,” he says. “When things get tough, he pulls forward.” Tsuda, who volunteered to coach Kawauchi after graduation, attributes the young man’s drive to his close relationship with his mother. He views the mother and son as “monozygotic,” and says that Kawauchi, despite his declarations of fun, still runs “for his mother’s attention and a fear of being left behind”.

In the summer of 2010, after 18 months of a post-college partnership, Tsuda and Kawauchi had a falling out over practice →



BIG IN JAPAN

The country's marathoners once dominated the world, taking the top three spots at Boston in consecutive years. But today, another race steals the show.

BY KIT FOX

The Hakone Ekiden is one of Japan's most popular annual sporting events. Nearly 30 per cent of the country's households tune in to the two-day, 217.1-kilometre regional varsity relay completed by about 20 university teams. But while Hakone Ekiden competitors are lauded by the Japanese public, rarely do they transition into great marathoners. In 2014, for example, no Japanese runner – male or female – cracked the top 20 in the World Marathon Major rankings. Instead, the swiftest high school and varsity runners are fed into a corporate running structure focused on pro-ekiden relays sponsored by some of Japan's largest companies, such as Toyota.

The word 'ekiden' loosely references Japan's communication system from the 17th and 18th centuries, in which a chain of messengers delivered mail around the country – similar to America's Pony Express. In the spirit of that

ancient system, the first running ekiden occurred in 1917 and gained national prominence after World War II, says Adharanand Finn, a news and running blog editor for *The Guardian* and author of *The Way of the Runner*, about Japanese running culture. For a population reeling from war's destruction, "running was seen as something to build morale", Finn says.

Large companies funded their own ekiden teams – providing salaries, facilities, and coaching to runners – to give employees something to celebrate.

The ekiden system ultimately led to the country's running boom in the 1950s and '60s. That boom coincided with the growth of several major marathons around the world, and a period of international dominance by Japan's pro runners; in both the 1965 and 1966 Boston Marathons, they took the top three spots.

Japan's largest newspapers began sponsoring the races, and their wall-to-

wall coverage introduced more fans to the sport. Once the event went on live TV, corporations realised the marketing value of winning races, and they injected more sponsorship and prize money into the system, raising the profile of the races.

The event's format is at least partially responsible for its popularity. The relay turns running into the ultimate team sport, says Finn. "There's a real sense of responsibility, because you're one link in a chain. In an ekiden, one guy can't have a bad race. Individual warriors are fighting at the same time." The team concept, he explains, is more culturally appealing to the Japanese than individual performances are, because it taps into the ancient Samurai code of *bushido*. "It's a code of honour, discipline, and morality. There's this idea that ekiden runners are following that tradition," says Finn.

The paradox of the ekiden is that while it has popularised running in Japan, its overemphasis in men's running is probably responsible for the decline in the country's international presence. The largest pro relays are in autumn and winter, a schedule that makes it difficult for Japanese runners to compete in or peak for major marathons.

There's "no doubt" the ekiden system has hurt Japan's international

running results, says Brendan Reilly, an American sports agent who represents several Japanese runners, and who has organised training camps for corporate-sponsored Japanese running teams. "How much can you do internationally when the focus is only on [ekidens]?"

Such focus has another cost as well. Japanese runners follow a brutal training regimen, logging dozens more kilometres per week than most elite marathoners. "There's a huge emphasis on effort with Japanese runners," Finn says. "If you feel tired and your form suffers during a run, you train harder." There is a high burnout and injury rate, according to Reilly. In fact, the Kenyan runners Japanese corporations regularly recruit to compete for their teams are known to train separately from their Japanese peers.

"Almost every time I have been involved in recruiting a foreign runner for a Japanese team, one of the questions that comes from the athlete's coach or agent is about the intensity of Japanese training," Reilly says. "I think there is this widespread belief that some of the Japanese training methods are nuts."

Of course, there are Japanese marathoners – like Yuki Kawauchi – who compete outside the corporate system, and are trying to make a name for themselves in competitions other than the ekiden. They support themselves with day jobs, which differs from ekiden runners who receive salaries and professional coaching from the corporations they represent.

So yes, the relay probably diminishes Japan's international presence. But maybe that's not such a bad thing, according to Finn. "Without the ekiden system there wouldn't be any corporate teams, and without any corporate teams there would be a lot less opportunities to be a pro runner," he says. "If you're a runner, the system is good because it means you have a job. You just have to prioritise your goals differently to focus on the ekiden." Perhaps more importantly, however, the system has made the Japanese public crazy about long-distance running. "The ekiden has [made] running an even bigger, more important thing in their culture," Finn says. "It's key to keeping running alive."

→ and racing schedules. Since then, Kawauchi has been on his own, a lonely endeavour, particularly in times of failure. When he came in a disappointing 14th place at the 2012 Tokyo Marathon, Kawauchi shaved his head – an expression of remorse in Japan. And when he came in third, running 2:12.42 in a dramatically close race at the Asian Games Marathon in South Korea last October, he promptly announced he'd cease competing in qualifier races for the world championships in Beijing this August until his performance improved. He kept to his word and stayed away.

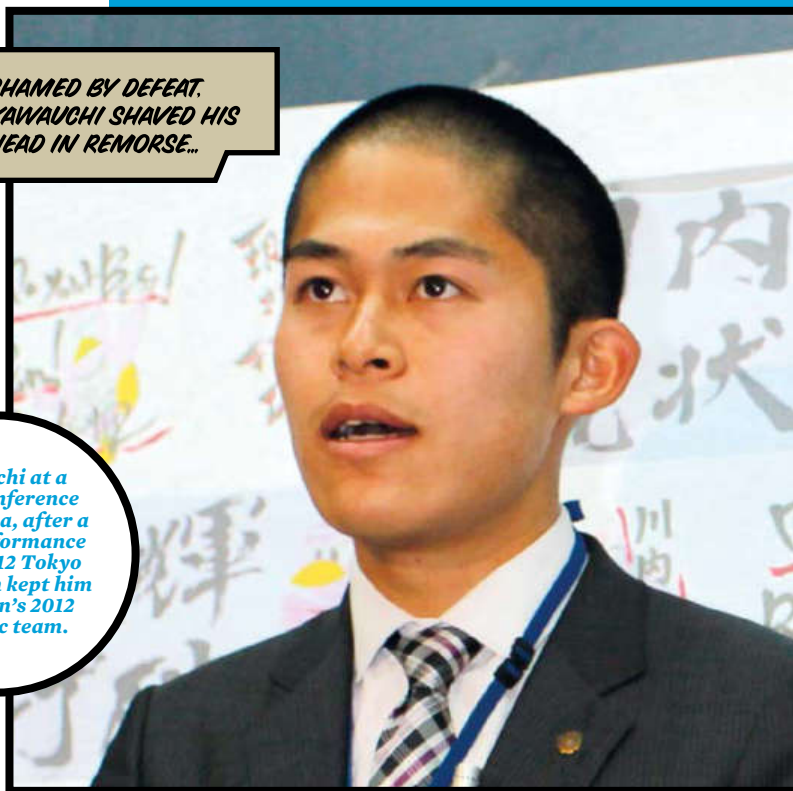
KAWAUCHI LIVES in a two-storey suburban home with his mother and one of his two younger brothers in Saitama Prefecture, about 54 kilometres north of Tokyo. Since college, he's worked for the Saitama Prefectural government, assigned to the 1pm to 9pm shift at a night high school. He answers phones, enters data, and collects tuition and meal payments. As a government employee, he gets about 25 days off, and uses most of them for racing and travelling.

Straitlaced and serious, Kawauchi spends most of his spare time running. Four mornings a week, he'll log 18 to 20 kilometres over about two hours in a park near his house. At night, he'll strength-train in his room with homemade equipment, using an old bike tube as an exercise band and a 13-kilogram weight bar from which he hangs his retired running shoes. He does speedwork on Wednesdays and uses the weekend to make up some mileage. He might hit mountain trails for anywhere from three to seven hours, but often, he competes. Kawauchi targets monthly 'main' races before which he'll run various distances in preparation. In 2014, in addition to running 13 marathons, Kawauchi completed 12 half marathons, one 50-K, one 40-K, two 30-Ks, one 20-K, and a 10-miler (16km). By 10 September, he'd already run eight marathons, 15 half marathons, a 50-K, and numerous shorter races this year. While most elite runners would cave under such a load, Kawauchi thrives, viewing his packed schedule as a way to fulfill his dream of a "marathon pilgrimage" throughout Japan and the world. "It looks hard to others, but for me it's just so much fun," he says, although his face betrays little in the way of excitement or pleasure. His manner is simply matter-of-fact; he knows exactly what he wants, and that hard work is required to get there.

He rarely drinks alcohol, because

**SHAMED BY DEFEAT.
KAWAUCHI SHAVED HIS
HEAD IN REMORSE...**

**Kawauchi at a
press conference
in Saitama, after a
poor performance
in the 2012 Tokyo
Marathon kept him
off Japan's 2012
Olympic team.**



he worries it might affect his racing. The night before a race, he likes to eat Japanese-style curry, thick sauce over white rice, and he's obsessive about getting exactly seven and a half hours of sleep. As for his recovery regimen, it's not nearly as involved as one would expect, given his level of effort. If he's in Japan, he'll relax and rest by alternating between hot- and cold-water baths fed by hot springs.

With just a small circle of friends, mostly runners, Kawauchi is somewhat of a loner, preferring to sing by himself in karaoke rooms. He also owns, by his estimate, the largest collection of running-related manga.

What really gets him going, however, is reflected in his favourite motto: "*genjyo daka*" or "destroying the status quo." That sentiment refers to repeatedly conquering a staggering race schedule and to defying the country's running establishment, which is dominated by a rigid system of corporate sponsorships. Japanese businesses traditionally recruit runners out of varsity and provide them with in-house coaching. In exchange for full-time employment, athletes compete with their company names emblazoned on their uniforms and singlets. (In honour of his employer, Kawauchi's racing singlet reads "Saitama Prefecture," but he receives no funding from them, says Larner.) "I want to change the conventions of Japan's running

world," Kawauchi has said repeatedly.

With the exception of a small group of elites who have ventured outside the system (like London Olympian Arata Fujiwara, who courts both corporate and individual donors to support his efforts), nearly all of Japan's top runners compete for corporate teams that often train twice a day at company facilities, and log almost 1 000 kilometres a month (nearly double what Kawauchi averages). Kawauchi's success hasn't gone over well with many such runners, because it prompts the office number-crunchers to question the need to finance the training of corporate athletes – here's a full-time employee doing it all alone who is just as good as them, and often better. In showing his countrymen there are ways to race successfully outside the corporate system, Kawauchi has been a pioneer – Larner calls him "the rebel government clerk."

"In the past, if you said a citizen runner would aim for the Olympics, people would have said, 'What are you talking about?'" says Toshihiro Endo, a sports reporter for Japan's Nippon Television AX-ON. "But now, it's no longer a dream."

AND FOR THAT, the Japanese public loves Kawauchi. Spectators line up at races to shake his hand. There's even a comedian, Takashi Emu, who specialises in imitating

Kawauchi and shows up at marathons sporting a similar fringed hairstyle and offering handshakes to those who can't get to the real thing. His everyman appeal caught the eye of Mary Wittenberg, former race director of the New York City Marathon, to which Kawauchi has been invited for the past two years. "He's everything we aim for," says Wittenberg. "He's so relatable."

Kawauchi will race New York again in November, hoping for a "third time lucky", after finishing a disappointing 11th in both 2013 and 2014. He hopes, too, for the chance to compete in Rio de Janeiro at the Olympics (selection is based on the August world champs in Beijing, and three Japanese marathons that start in December), and in London for the 2017 world championships.

He certainly has no plans to retire. "I hope to run in races all over Japan and around the world, no matter how old I get, until I die," he says. On his bucket list is the Paris Marathon: "I want to see the Arc de Triomphe and the Eiffel Tower. One of my favourite manga characters runs the Paris Marathon."


While Kawauchi credits his mother and

*Super-quick
Kawauchi finished
the 2015 Sanlam
Cape Town
Marathon in 9th
position overall, in
a time of 2:16.33.*



*...BUT IN THE END, HE MADE
HIS MARATHON COMEBACK
IN CAPE TOWN...*

Tsuda for guiding him toward the path he's now on, it was his departure from them both that ultimately freed him to succeed as a marathoner. Of his metamorphosis from obedient son and student to instigator and star of Japan's running world, Kawauchi says, "If I was told to turn right, I'd turn right. If I

was told to turn left, I'd turn left, striving for perfection in every way." Now on his own and bolstered by legions of fans, he feels empowered and exhilarated. "I had suppressed my emotions ever since I was a kid. I was the serious, good boy." With a shy laugh, he adds, "Now, I'm having a blast." 



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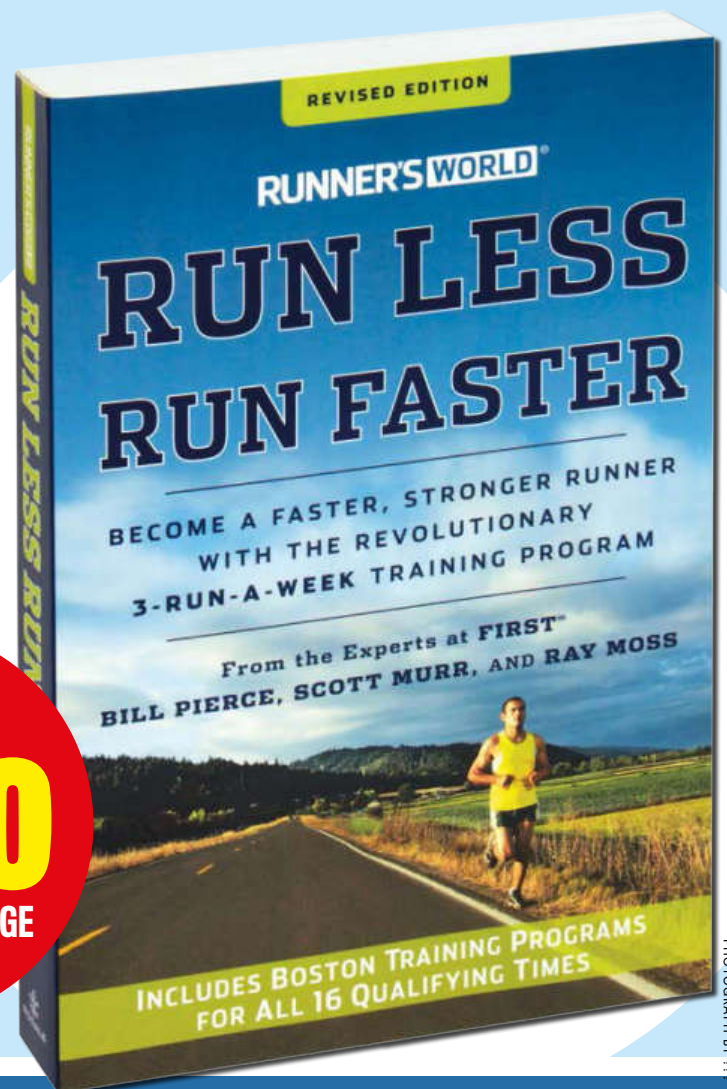
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By
**RACHEL
SWABY**

We runners have a complicated relationship with portable toilets. We're happy to see them before (and sometimes during and often after) a race, especially when we've been shotgunning liquids and glucose. But that minute-plus (on average) we spend in their odoriferous confines tends to yield some memorable-and-not-in-a-good-way moments. However, instead of shaking your fist at them, we suggest cutting the portable toilet some slack. Everything from the mysterious blue liquid to the height of the drop to the placement of the urinal has been studied and calibrated to make the best of a crappy situation. Which intrigued us – there's a lot more to these things than we thought. So here's everything you ever wanted to know (and a lot you probably didn't) about the humble box that gets so much s---.



PORT-A-LOO

Photographs by
DAVID ARKY

Q

HOW IS THE USER-TO-LOO RATIO DETERMINED?

A “There’s one toilet per 60 people at a concert,” says Steve Brinton, vice-president of sales and marketing at Satellite Industries, a portable-toilet manufacturer, “but at a race it’s one for every 10 people, because of the way they’re used.” Meaning a lot of well-hydrated runners create heavy traffic over a condensed time period. In fact, after an informal study of race participants, Ron Crosier (president of Crosiers Sanitary Service, Inc., which services running events) found that 80 per cent use the loo in the hour before the start. Companies like Crosiers do provide recommendations, but the race director’s budget guides the quantity and quality of the selection. Units are usually priced depending on area and the distance they’re transported; R400 is average, says Crosier, and extras cost... extra. “We charge R100 more for a unit with a hand sanitiser, mirror, bag shelf, and hover handle,” he says.



PORT-A-PEEVE

“Lock the damn door. I’ve seen more than one bare-cheeked guy who just didn’t bother to slide the bar over. IT’S NOT THAT HARD.”

— MEGHAN LOFTUS,
RW SENIOR EDITOR

Punny Providers

These five companies service events with a sense of humour.



1. **Doodie Calls**
2. **‘Yesterday’s Meals On Wheels’**
(Slogan of Fancy Flush Mobile Toilet Services)
3. **Mr Party Pooper**
4. **Oui Oui Enterprises Ltd.**
5. **Willy Make It?**

THE WAITING BY THE NUMBERS

1.15–1.30

Average time it takes runners to get in and out

1.30

Average time it takes men (non-runners) to get in and out

3.00

Average time it takes women (non-runners)

10

Suppliers’ suggested max length of queue, in minutes (or else the trees start getting watered)

10

Percentage increase in toilets needed when you add alcohol to an event



Why is everything, um, wet?

A survey conducted by Brinton uncovered the obvious: users prefer to hover. In fact, 95 per cent of women and 93 per cent of men won’t make contact with the seat. Since copping a successful squat (especially with destroyed

quads) over those things is to defy physics, it’s no wonder things get messy. So why not just put a normal toilet over the tank to encourage better aim? Because making room for ergonomic porcelain would shrink the tank and lower its capacity. “All that waste has to be contained within a 1.1-by-1.2-metre footprint,” says Brinton. “You need more tank than seat.”



GREAT IDEA!

“There should be a big digital timer on the outside of port-a-loos to track how long someone has been in there and (hopefully) pressure them to hurry it up.”

— ROBERT REESE,
RW EXECUTIVE
DIGITAL PRODUCER



PHOTOGRAPH BY DAVID ZAITZ/GETTY IMAGES (ROW OF TOILETS)

ARE THEY PURPOSELY SET UP TO MAKE CHAOS OUT OF LINE MANAGEMENT?

Suppliers do make suggestions about how best to configure toilets for optimal use, but ultimately their placement is up to the race director. Sometimes, space constraints mean a line of port-a-loos – as opposed to the U-shape, which lets runners choose from more at a time – is the only option. At a race with narrow streets, for example, a line better accommodates the thousands of participants. In that case, banks of 10 toilets should be separated by a six-metre gap to minimise the chaos. One line per bank, rather than per unit, is ideal. By promoting one line with signage or tape, one out-of-service (or endlessly occupied) toilet won't stop traffic. But the U-shape really is the way to go. "There's something aesthetically pleasing about them," says Crosier. "You have a courtyard surrounded by doors, so when you're walking in, you can see very quickly which unit is open." (Bonus points for atmosphere and cleanliness when a sink station is placed in the middle, and the whole configuration is tented.)



Fun Fact

That 1.1-by-1.2-metre footprint is deliberate. Portable toilets were originally designed for use at construction sites, says Brinton,

"for guys to take off their jackets and hang up their tool belts." So the width – 1.1 metres – was standardised with that use in mind. The depth, 1.2 metres, has to do with portability. "You can put two of them back-to-back sideways on a truck and they'll still be under the Department of Transport's width regulation, which is 2.6 metres."

PORT-A-PEEVE

"Why are there not monitors to help form lines and manage the crowds? And keep spectators out of the runners' lines?"

– NANCY CAVINESS, VIA FACEBOOK



GREAT IDEA!

"There should be an express line like at the supermarket – runners who pee fast need their own section. I also think some races that start in the dark need headlamps in the port-a-loos." – BART YASSO, RW US CHIEF RUNNING OFFICER



What is that smell?

(NOT THAT ONE, THE OTHER ONE)

Manufacturers deploy several methods of distracting your nose, including hiding deodorising disks behind hand sanitisers and adding scents to the tank. The most popular aromas are cherry and bubblegum. In part, it's because they can be easily produced in-house, unlike many fragrances, and they're particularly good at masking odours, says Dean Carstens, deodorisers general manager at Satellite Industries. "Cherry was one of the first fragrances used, and is still known as an industry standard," he says.



THE BLUE STUFF (A.K.A. 'PRE-CHARGE')

BY THE NUMBERS

- 18 litres water
- 30-200 millilitres liquid deodoriser (designed to last seven days; powder packets are also available)
- 1 part fragrance (client's choice: baby powder, mountain breeze, fresh, mulberry, cherry, etc.)
- 1 part biocide (to prevent bacteria)
- 1 part surfactant, like soap (helps keep everything in solution)
- + Dashes of blue dye (masking agent; limits the view)

Fun Fact

The biocide in the blue stuff is sometimes formaldehyde, which has a strong chemical smell. "It's inexpensive and it works," says Crosier. "But it will sting the eyes, and I don't consider it environmentally friendly."



GREAT IDEA!

"Why do runners queue up at the first row of port-a-loos they come across – leaving the posh, completely vacant one that the staff use, which (had they bothered to walk an extra 200m) would've saved them the agony of having to wait for 45 minutes? (Oops – did I just shoot myself in the foot?)"

– LISA NEVITT, RW DEPUTY EDITOR

DOWN BELOW

BY THE NUMBERS

177

Grams in the average deposit

227

Capacity, in litres, of the tank

70

Percentage of a used portable toilet that is made up of urine, on average

250

Number of uses a porta-a-loo can handle before sanitary conditions start going south

1280

Number of uses, based on the average deposit, that will fill a tank to the brim



HOW COME THEY ALWAYS RUN OUT OF TP?

A race's budget often determines the quantity and quality of toilet paper, which costs about R5-R6 per roll. How much each unit needs depends on the breakdown of men vs. women – more women means more bogroll – and the type of event. (In an average race, runners only use toilets at the start for 60 minutes or less.) The industry standard is two to four single-ply 1 000-sheet rolls per stall. "The number of rolls doesn't matter nearly as much as what they are," says Ron Inman, vice president of Honey Bucket, a company that services ultra-distance races. "You can get rolls with 500 sheets or 1 500 sheets. Our rolls are 1 500 sheets, single-ply. Dispensers hold three rolls, and we put an extra roll on the shelf."



GREAT IDEA!

"Some sort light that lets you know if it's safe to enter. If you knew how bad it smelled, you could opt for another loo."

—MIKE FINCH,
RW EDITOR



What's the lifespan of a unit?

"Port-a-loos will easily last 10 years," says Brinton. "There are toilets more than 30 years old." The secret of their durability is high-density polyethylene. The plastic is "relatively pliable", he says, a key quality when you're continually hauling them on and off trucks. "You want toilets that will absorb impact, so they won't crack and leak – a problem with a lot of the old fibreglass tanks." High-density polyethylene also won't rot, host nasty bacteria, or break down from cleaning agents – of which it will see many.

Fun Fact

At the 36-hour Hood to Coast relay in the US, organisers go through 4 200 rolls of TP for 17 500 participants. Race director Felicia Hubber advises monitors at exchange points to keep a sharp eye out for thieves. "People will take rolls with them," she says.



PORT-A-PEEVE

"Guys: please, don't splatter the toilet seat. Come on."
—MARK REMY, RW
WRITER AT LARGE

A+ Amenities

Five innovations that rarely make it to races, but that we'd love to see at the starting line.

Foam hand-sanitiser stations So you can decontaminate *after* you've opened the toilet door.

Flush systems Actually, they are available. But that blue liquid doesn't do enough to mask the sight – or the smell.

Kros unit For men, a four-sided urinal means quicker access to relief.

Luxury toilet trailer With aircon, television, music – the ultimate swanky sitting experience.

Handwash stations These foot-operated stations aren't new, but they're a rare sight at races.

PHOTOGRAPH BY DOLLARPHOTOCLUB (ORUM)

A Tinkle in Time

The evolution of the portable toilet.*



1940s

During World War II, Long Beach Shipyards in California installed portables constructed of wood with

modified metal 200-litre drums to save time for naval ship repairmen.

1950s

Rise of the construction

industry coincided with rise of independent suppliers of homemade, wooden portables that weighed up to 180 kilograms each (they're now 72 to 77).

1960s

After an eye-watering visit to a portable, Ken Holyoak (in

the motor-home business) offered the unit's owner a free drum of deodoriser. He was a pioneer in replacing subpar home disinfectants with an industry-specific portable-toilet smell solution.

1969

Woodstock was one of the first

places outside commercial and industrial settings to use portable toilets. The concert had 5- to 6-metre wooden buildings with 10 stalls and a urinal room each (about one pot for every 3 000 people).

1970s

The Boston Marathon outgrew

Hopkinton High School's toilet facilities at the starting line. They supplemented with portable toilets.

1972

Heeding the industry shift from wood – which was heavy, and retained odour – to fibreglass and plastic, Al Hilde of Satellite Industries

TALES from the DARK SIDE

We asked runners on Facebook – and folks around RW HQ – for their most memorable port-a-loo stories.



"I was about to go, then I saw a snake at my feet. I ran out of the port-a-loo screaming, while still trying to pull my shorts up."

- ALEX AMEEN, VIA FACEBOOK

"I was in line for a port-a-loo when the 'friends' of a man already using one turned it upside down after jamming the door shut. Suffice to say, the guy that emerged was not one to be near."

- PAUL SPARKS, VIA FACEBOOK

"My running buddy came out of the port-a-loo and made a comment about how it was nice that they had a place for you to put your hat, gloves, etc, while you had a wee. I had to inform him the 'holder' was a urinal!"

- BILL PRITCHETT, VIA FACEBOOK

"At a triathlon last year, the port-a-loo chemicals were

MOST FREQUENT WHINGES...

Waste where it shouldn't be

26.9%

Dropped objects

11.5%

Toilet paper problems

11.5%

Stomach troubles (including vomiting)

5.8%

Unwanted sightings (spiders, snakes, and private parts)

5.8%

Other

38.5%

DROPPED OBJECTS INCLUDED...

Car keys House/
gym key Inhaler
Phones Socks
Sunglasses Timing
card Top of tri suit
Water bottle

strong! Everyone was retching when they exited. If you took a breath, it burned. I started coughing so badly it made me throw up a few times before the race even started."

- MELISSA ANN MIANO, VIA FACEBOOK

"I was in a port-a-loo at a race, and right before I got in, the truck that was there to swop them pulled up. I was terrified that they were going to lift mine up with the forklift and put it in the truck and everything while I was still in it."

- HANNAH MCGOLDRICK, RW SOCIAL MEDIA EDITOR

"When I was seven years old, I got locked in a port-a-loo for about 50 minutes. I couldn't figure out how to unlock it. My mom talked me through it."

- KIT FOX, RW REPORTER

"At a race, a woman

put her arm in a plastic bag and got her friends to hold her ankles while she reached for her cell phone."

- BART YASSO

"I went to an event that had two days of racing, some 500-plus racers, and only three port-a-loos to accommodate everyone. They didn't empty any of them out. I never knew two days of pre-race jitters could crest like that. Some things just can't be unseen."

- DAN FUEHRER

PORT-A-PEEVE

"Mid-race, I really had to wee. I ran into the port-a-loo, closed the door and got going – and was getting splashed! Who closes the lid on a loo?!"

- LAURA FISH, VIA FACEBOOK

What happens to everything?

First, workers run a hose from a truck that sucks everything from the abyss. If the toilet is staying put, they spend three to five minutes cleaning it and refilling the blue stuff/pre-charge. Trucks can carry up to 5 700 litres of waste and 1 900 litres of pre-charge or fresh water (pre-charge mix is added once water is in the loo). If the

unit is leaving, it's pumped out, loaded on a truck, and pressure-washed.



introduced polyethylene pots. He was inspired by plastic seating he saw in a stadium.

1973

Portable Sanitation Association International successfully lobbied for its members to be exempted from petrol rationing during the oil



crisis "for health reasons".

1980s

Plastic replaced fibreglass. Because of its rigidity and brittle nature,

fibreglass units were prone to cracking.

1996

Registration for Boston Marathon's 100th anniversary event swells. Race

director Dave McGillivray procures a 104-metre urinal trough. Made up of sections secured with duct tape, it was pitched so that gravity ushered urine into the tank. But the tape didn't stick – and not a drop made it into the tank.

2007

Boston begins wave

starts in response to 'urinegate', when local residents seethed over runners hopping barricades to relieve themselves on lawns. With wave starts, runners stay on Main Street, which is lined by businesses.

2012

With some

39 000 workers, 10 000 trucks, and 3 million toilets worldwide, the portable-sanitation industry has an annual revenue of about \$4 billion (about R54 billion).

*According to Portable Sanitation Association International; Karleen Kos; Steve Brinton; Dave McGillivray



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The best running, multi-sport and adventure races this November • Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)



The hilly marathon that distracts participants with wonderful Winelands scenery.

ED'S CHOICE

WESTERN CAPE

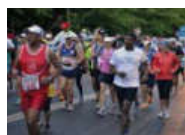
SATURDAY 14 NOVEMBER

5 10 21.1 42.2

Vital Winelands Run

Eikestad Primary School, Krigeville, Stellenbosch; 42.2km: 5:30am; 21.1km: 5:50am; 10km: 6am; 5km Fun Run: 6:35am
Top Events 021 511 7130 / 086 005 1021
www.topevents.co.za

This year marks the 38th running of the event. The vineyards and strawberry fields of Stellenbosch are beautiful enough to distract you from the hilly route. Entrants will stand a chance to win one of three pairs of Brooks running shoes. The closing date for entries is 5 November, and race-day entries will be accepted for the 5-K only.



**Sanlam Niel Joubert
Plaaswedloop**

Klein Simonsvlei, R44, Klapmuts, Stellenbosch; 13km: 6:15pm
Wynand Beukes 083 461 8614

SATURDAY 28 NOVEMBER

10 21.1 42.2

Die Vlake Marathon, Half Marathon & 10km

Heidelberg High School, Murray Street, Heidelberg; 42.2km: 5am; Soutpan Farm, Witsand; 21.1km: 6am; Laerskool Vondeling (on the R322, between Heidelberg and Witsand); 10km: 7am
Nico Steyn 083 226 3091

SUNDAY 1 NOVEMBER

6 21.1

The Landmarks Half Marathon & The My School Move for Health 6km Fun Run/Walk, incorporating the ADT/Woolworths School Challenge, in conjunction with the Sports Science Institute of South Africa Western Province Cricket Club

(WPCC) Sport Centre (access from Keurboom Road or Avenue De Mist), Rondebosch; 21.1km: 6am; 6km Fun Run/Walk: 6:45am
Ted Vickery 076 195 7289

SATURDAY 14 NOVEMBER

5 10 21.1

Waterfront 2 Heads Half

Marathon

Knysna Waterfront, Waterfront Drive, Knysna; 21.1km, 10km & 5km Fun Run: 7am
Marg O'Connor 072 330 2593 / Marianne Brown 076 195 4832
www.knysnamarathonclub.co.za

WEDNESDAY 25 NOVEMBER

13

DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM



SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR



GAUTENG

SATURDAY 7 NOVEMBER

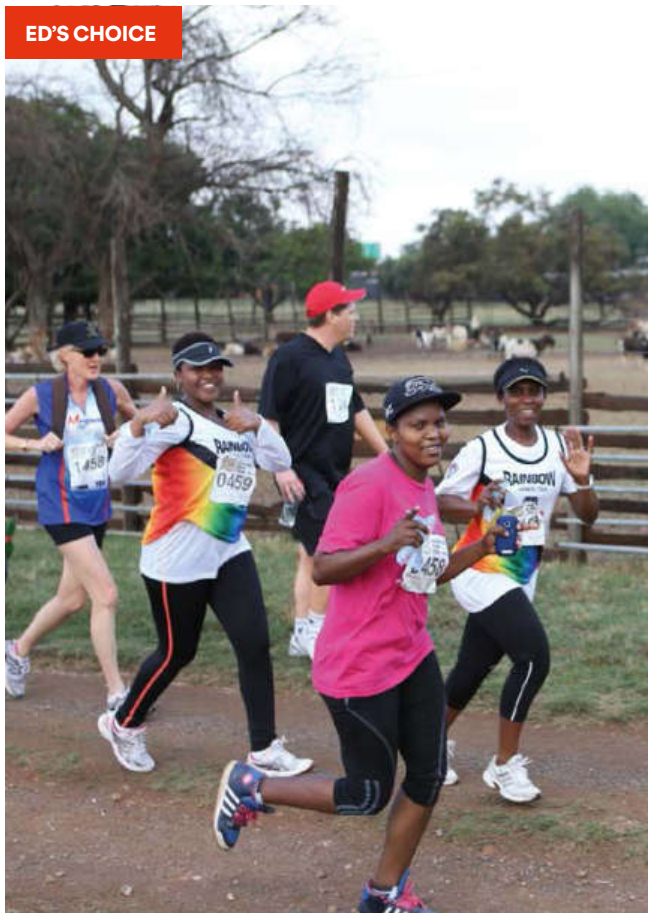
5 10 21.1

Liquifruit Irene Half Marathon & 10km

**Agricultural Centre,
Nellmapius Drive, Irene,
Centurion; 21.1km & 10km:
6am; 5km Fun Run: 6:10am
Wynand Breytenbach
082 937 0733
www.irenerunner.co.za**

The category this race falls under is debatable. It's classified as a road race, but it's run predominantly on gravel and farm roads; so perhaps it could be referred to as 'off-road'. Three routes, of moderate difficulty, are run through the Agricultural Research Council's Irene Farm, the Irene Dairy Farm and the Irene Golf Course. The 21.1km and 10km are pre-entry only, but you can enter the 5km Fun Run on race day, from 4:30am.

ED'S CHOICE



*Entrants
enjoy Irene's
pleasant
gravel and
farm roads.*



SUNDAY 1 NOVEMBER

10 21.1 42.2

Soweto City Marathon

**MTN Expo Centre, NASREC,
corner of Nasrec & Rand Show,
Johannesburg; 42.2km: 6am;
21.1km: 6:30am; 10km Run &
Walk: 7am
Athletics South Africa
011 873 2726
www.athletics.co.za**



SATURDAY 14 NOVEMBER

5 10 21.1

Kolonnade Retail Park 10/21

**Kolonnade Retail Park Shopping
Centre, Zambesi Drive,
Montana, Pretoria; 21.1km
& 10km: 6am; 5km Fun Run:
6:10am
Alan Edmunds 083 325 7779**

SUNDAY 22 NOVEMBER

5 32

RAC City Lodge Tough One 32km & Asics FIVE

**Old Parktonians Club, 1 Garden
Road, Randburg, Johannesburg;
32km: 6am; 5km Fun Run:
6:30am
Vreni Welsh 011 442 8256
www.rac.co.za**

SATURDAY 28 NOVEMBER

10 21.1

Muller Potgieter Memorial

**Thaba Tshwane Military Sports
Club, Thaba Tshwane, Pretoria;
21.1km & 10km: 6am
Race enquiries 071 405 5588
www.facebook.com/vtmklub**

Young Greater Edendale finishers proudly show off their medals.



ED'S CHOICE



KWAZULU-NATAL

SUNDAY 15 NOVEMBER

5 10

Greater Edendale 10km Run/Walk Race and 5km Fun Run
FNB Wadley Stadium,
Georgetown, Edendale; 10km:
7:30am; 5km Fun Run: 9am
Thami Vilakazi 083 413 9827

This event is a corporate social investment initiative of the Comrades Marathon that has been around for nine years. The race aims to promote a healthy lifestyle, and to engender the culture of running in previously disadvantaged communities. And more runners from the townships bordering Pietermaritzburg are entering the race today than ever before. This year, the event will incorporate the AIMS CHILDREN'S SERIES 5km event, which provides children from the nearby townships with an opportunity to participate in road running, from an early age. Schools are invited to compete for two major electronic prizes – the two schools with the largest number of children taking part will win prizes.

SUNDAY 8 NOVEMBER

10 21.1

Save Supermarkets Orion Half Marathon Run/Walk
Save Hyper, 362 Victoria Road,
Pietermaritzburg; 21.1km &
10km: 5:30am
Ajith Deena 083 659 2732

SUNDAY 15 NOVEMBER

15 21.1

Bluff Vets
Fynnlands Combined Sports
Club, 55 Smith Drive, Durban;
21.1km Run & 15km Walk: 6am

Colin Chand 084 556 7185
www.facebook.com/bluffac

SUNDAY 22 NOVEMBER

15

Queensburgh Mineshaft 15km Run/Walk
Queensburgh Sports
Association, 60 Bowker Road,
Escombe; 15km Run/Walk: 6am
Robin Archer 082 905 6005

SATURDAY 28 NOVEMBER

21.1 42.2

Sani Stagger Marathon & Half

Marathon (Down Run)

Sani Pass Hotel, Sani Pass Road,
Himeville; 42.2km: 6am; Lesotho
Border Post; 21.1km: 8:30am
Trish Crawley 083 447 0766
www.sanistagger.com



Other Provinces

EASTERN CAPE

BORDER

SATURDAY 14 NOVEMBER

10 21.1

The Gonubie Coastal Challenge
Gonubie Sports Club,
Gonubie, Buffalo City;
21.1km Run/Walk: 6am;
10km Run/Walk: 6:30am
Nico Sprong 084 508 4577

SATURDAY 28 NOVEMBER

10 21.1

Kapaailand Half Marathon
Ugie Build It, 15 Main Street,
Ugie; 21.1km Run & Walk:
7am; 10km Walk: 7:15am
Christiaan Kotze 084 512 1808

EASTERN PROVINCE

SATURDAY 21 NOVEMBER

5 10

Glendore Arms Two Views (previously known as 2 Views 10km Challenge & Fun Run)
Glendore Arms Pub, corner
of Victoria Drive and
Genadendal Road, Port
Elizabeth; 10km: 7am; 5km
Fun Run: 7:15am
Eusentha Pillay 084 665 0910

SATURDAY 28 NOVEMBER

5 10

Malabar 10km
Pollock Beach,
Summerstrand Lifesaving
Club, Port Elizabeth; 10km:
6:30am; 5km Fun Run:
6:45am
Enquiries 083 564 4270 →



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SOUTH AFRICA: [WWW.
RUNNERSWORLD.CO.ZA/](http://WWW.RUNNERSWORLD.CO.ZA/)
RACE-CALENDAR



TRAIL RUNNING

SATURDAY 21 - SUNDAY 22
NOVEMBER

42.2 65 100

Salomon SkyRun and SkyRun Lite
Mountain View Inn, 36
Botha Street, Lady Grey; 21
November; 100km & 65km:
4am; Balloch Caves (halfway
point of SkyRun 100km),
Wartrail/Barkly East; 22
November; 42.2km: 4am
Michael de Haast 072 078 5278
www.skyrun.co.za

The SkyRun Marathon, presented by Salomon, is a new addition to the SkyRun family. The marked route is designed with Skyrunning newbies in mind, and follows the valleys and hills around the Wartrail area, finishing at the same venue as the SkyRun, the Wartrail Country Club. Runners will not traverse any of the high peaks that the SkyRun 100 and 65 routes cross, but the new route will still give athletes a feel for what the SkyRun has to offer. The field is limited, and entries close 1 November 2015.

ED'S CHOICE



Trail runners experience the beauty of Wartrail country, beneath a starry sky.

Other Provinces

FREE STATE

SATURDAY 7 NOVEMBER

5 15

Engen Curie to Engen Crossing
15km & 5km Fun Run
Crossing Convenience Centre,
College Court Park West
Bloemfontein; 15km: 6am; Curie

Park Convenience Centre, 110
Vereeniging Drive, Bloemfontein;
5km Fun Run: 6:30am
Bloem Striders / Jaco
Grobelaar 082 416 6779 /
082 573 7222

5 10 15

**Vaal Toyota Sasolburg
Summer Race**
DP de Villiers Stadium, HF
Verwoerd Street, Sasolburg;
15km, 10km & 5km Fun Run:
8am
Dolf Binneman 073 339 6809

SATURDAY 28 NOVEMBER

4 10

10km Vaal Dam Road Race
NG Church, 28 Main Street,

Deneysville; 10km: 7am; 4km
Fun Run: 7:30am
Enquiries 084 392 2971 /
082 564 7728

NORTH WEST

CENTRAL NORTH WEST

WEDNESDAY 4 NOVEMBER

5 10

Supaquick Night Race
(previously known as Harry's
Tyres 10km Nite)
Profert Olén Park Rugby
Stadium, Potchefstroom; 10km:
7pm; 5km Fun Run: 7:05pm
Theo Coetzee 083 538 3162

NORTH WEST NORTH

No races scheduled for this period.

NORTHERN CAPE

GRIQUALAND WEST

SATURDAY 7 NOVEMBER

5 10 21.1

Louis Jooste Memorial Blue Run
Kimberley Pirates Club,
Jacobus Smit Avenue,
Kimberley; 21.1km & 10km:
6:30am; 5km Fun Run: 7am
Mark Hunt 082 462 4066

NORTH WEST CAPE

No races scheduled for this period.

SEARCH THE COMPLETE
LIST OF RACES IN
SOUTH AFRICA: [WWW.
RUNNERSWORLD.CO.ZA/
RACE-CALENDAR](http://WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR)





WEDNESDAY 4 NOVEMBER

4 8

Energizer Night Trail Run

Woodmead Country Club, Woodmead, Johannesburg; 8km: 7:30pm; 4km: 7:40pm
Heidi Muller 082 564 6468
www.kineticgear.co.za

SATURDAY 7 NOVEMBER

20.7

Alpha Zero Tunnel Run

Toll Plaza, Huguenot Tunnel, Paarl; 20.7km (8km through the Huguenot tunnel): 7:30am
Estelle Kock 073 313 1668
www.capemultisportclub.com

SUNDAY 8 NOVEMBER

5 12 20 35

Deelfontein Dome Fest Mountain Trail Run

Deelfontein Farm, in the Vredefort Koepel, Parys; 35km: 7am; 20km: 7:20am; 12km: 7:40am; 5km: 8am
Gerhard Benade 083 280 9784
www.trailrunning.co.za
www.deelfontein.co.za

SATURDAY 21 NOVEMBER

6 12 20 35

Berlin Trail Run

Bohemian Groove Restaurant, Main St, Kaapsehoop; 35km: 6:30am; 20km & 12km: 7:45am; 6km Fun Run: 8am
Clive Smart 082 894 0432
www.ilanagtrailseries.co.za

SATURDAY 14 NOVEMBER

5 10 21.1 42.2

SuperSpar Bela-Bela Marathon, Half Marathon & 10km Ladies

Hoërskool Warmbad, Swanepoel Street, Bela Bela; 42.2km: 5:30am; 21.1km: 6am; 10km Ladies: 6:15am; 5km Fun Run: 6:30am
Erika Kotzé 014 736 6008

ADVENTURE RACING

SUNDAY 8 NOVEMBER

Spur Adventure Sprint Race #2
Banhoek Conservancy, Old Bethlehem Farm Skool Street, Kylemore, Stellenbosch →

→ Distances and disciplines:
10-12km MTB, 2-3km trail run, natural/water obstacles: 9am
Teams of 2 or 3 (not a relay)
Ugene Nel 082 658 3078
www.quantumadventures.co.za

MULTISPORT

SUNDAY 29 NOVEMBER

Six in One Challenge

Doran Vineyards, off the R45, Voor-Paardeberg Road, Paarl (15km from Wellington)
Six in One: 1.5km swim, 78km road bike, 10km river paddle, 13km road/trail run, 20km MTB, 5km trail run: 7am
NoH2O: 80km road bike, 15km road/trail run, 20km MTB, 5km trail run: 7:30am
pieter@extreme-events.co.za / entries@iqela-events.co.za
www.iqela-events.co.za

This challenge is set to fill the void left by the popular Totalsports Challenge, which has been discontinued.

It caters for teams, as well as individual athletes. Six legs must be completed in sequence: swim, road bike, river paddle, road/trail run, mountain bike and trail run. Athletes who want to avoid the water can enter the NoH2O category, which includes a road bike, road/trail run, mountain bike and trail run.



SUNDAY 1 NOVEMBER

Standard Bank 5150 Ekurhuleni African Championship

Germiston Lake Municipal Park, Germiston Lake, Ekurhuleni Metropolitan Municipality
1.5km swim, 40km bike, 10km run (non-drafting): 7am
Solo or teams of 2 or 3
Enquiries 082 476 6626 / 082 990 6638
www.ironman.com



MPUMALANGA

SATURDAY 7 NOVEMBER

10 21.1 42.2

Kaapsehoop 3-in-1 Run with the Wild Horses

Pear Orchards (1km outside of Kaapsehoop Town); 42.2km: 5:30am; 21.1km: 5:30am; 10km: 6am
Race Organiser 074 887 2291 / Winnie 082 410 0170 / Arthur 083 228 9534
www.marathonclubnlspruit.co.za

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Back of the Pack

BY BRUCE PINNOCK

UNLEASHED

Flatulent Fido?

Exercise may – or may not – be the answer.

Don't get me wrong: I love dogs just as much as the next person. Dogs are loyal and loving; they make us better people. Most of the time. But try putting them on a leash, and all the hounds of hell break loose.

When the annual Canine Canter invited us to “run with man's best friend”, I have to say I wasn't keen. Although running with Fido conjures up a dreamy picture – striding out, a noble red setter (or maybe even an exotic Russian wolfhound) trotting gaily by my side – the family dog couldn't be further from this pooch profile.

A somnolent mutt with over-active salivary glands, our mongrel Tony is part fat Labrador, part sloth, with a generous smattering of skunk in his genes. He has an inborn distaste for anything resembling exercise. Instead, he prefers to sneak behind the couch, wait until a guest is seated comfortably, and then bellow an odorous fart.

We watch – adults in paralysed horror, children with bated giggles barely suppressed – as the rising stench, visible as a faintly mauve vapour, languidly engulfs the sofa's occupant. A battle of staying power ensues, until (clutching his throat) our guest rushes gagging from the room.

All Tony needed to cure his flatulence, the vet advised, was exercise. Tony was nearly as fat as his master, he added, chuckling jovially (and I vowed to change vets).

Nevertheless, the idea had been planted in my wife's mind, and She Who Must Be Obeyed decided that

Tony and I should enter the Canine Canter.

A FAMILIAR, REPULSIVE SMELL

At the starting line, when that familiar, repulsive smell rose, Tony and I moved pointedly away, glaring at the collie next to us, leaving her owner to protest her innocence.

Tony, a large, lolloping Labrador, looked almost statuesque in comparison to some of the other dogs waiting at the starting line. You see, when it comes to the Canine Canter, size matters. I cast a superior smirk in the direction of the poor schmuck

“...part fat Labrador, part sloth, with a generous smattering of skunk in his genes.”

who'd been saddled with a pair of his wife's Maltese poodles – complete with pink ribbons, and fur coiffured to within an inch of their tiny, insignificant lives.


And he should've known how the firecrackers would react to male company. In what I presumed to be a husky come-to-bed manner in dog-speak, the Malteasers said to Tony, “Hey, big boy – show me what you got,” wagged their tails, and then winked. Tony stopped mid-drool and raised his chubby head. It was

as though, in response to the call of nature, a light had switched on behind his eyes.

Startled, the pair of poodles took off, followed in hot pursuit by Tony. His tongue lolled and his ears were pinned back as he tally-ho'd down the road, dragging me along with him. I shouted stop commands ineffectually, interspersed with obscenities and blood-curdling screams. Nothing worked. We ripped the starting pen in two, scattering old ladies with spaniels, youngsters with terriers, and fat men with Alsations. Pure carnage.

Until, inevitably, one poodle took the right-hand side of a tree, while the other chose to go left. By the time Tony had decided which of the two fluffballs he wanted to chase, it was too late for me.

I'm pleased to report that during our terrifying ordeal, no animals were hurt; although the humans involved didn't get off so lightly. Now that I'm back on solids, I'm convalescing by spending part of the day lying on the couch. Tony, being my ever-faithful companion, likes to sit behind it.

Hang on. What's that almighty, great, awful, disgusting, putrid... 



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